

# **Proverbs 25:28 A man that hath no rule over his own spirit, is like a city that is broken down without walls.**

## **Sunday- Verse Introduction**

**Teaching point:** If you can't control yourself, you're like a broken city where anything bad can get in.

## **Monday- Rule Over His Own Spirit**

**Focus:** What does it mean to be able to rule over your spirit?

**Teaching point:** To rule over your spirit means having self control- staying calm even when upset or something comes your way.

**Discussion Questions:** When is it hard to have self control? How do you feel when you make a good choice?

## **Tuesday- A City That Is Broken Down Without Walls**

**Focus:** Why does a city need walls?

**Teaching point:** In the Bible, walls were used to protect the cities from enemies. If the walls were broken, they were in danger.

**Activity Idea:** Walk around your house. Why do you have walls? What would happen if there were no walls? Having no self control is like living in a house w/out walls.

## **Wednesday- Self Control Keeps Me Safe**

**Focus:** Having self control is like strong walls.

**Teaching point:** Self-control keeps you safe—from saying mean things, getting in trouble, and from hurting feelings. You can end up doing something you will later regret.

**Activity Idea:** Write ways to show self-control on paper "bricks" and build a paper wall on poster board.

## **Thursday- Jesus Had Rule Over His Spirit**

**Focus:** Jesus never sinned and he is an example of ruling over your spirit.

**Teaching point:** Jesus didn't get angry or fight back when people were mean. He stayed calm and trusted God to help him.

**Activity Idea:** Act out different situations and make self control choices.

## **Friday- Practice Self Control**

**Teaching point:** Every day, we have chances to practice self-control—at home, school, and with friends.

**Discussion Questions:** How can you have self control when someone makes you upset? What should you do when you feel angry?

**Scripture Memorization:** Have the child recite the scripture from heart