

BE WISE! MAKE SELF-CONTROL YOUR LIFE-LONG GOAL!

(Proverbs 25:28; 23:29-35, 4:10,11)

<https://youtu.be/JoVHsNyttl0>
Self-Control
by PursueGOD Kids
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(Proverbs 25:28)

**“A person who does not control himself
is like a city whose walls have been broken down.”**

Back in the days of Solomon, it was important for cities to have high stone walls around them. The wall protected them from their enemies. Without a wall, the city had no control over what happened - anyone or anything could take over that city.

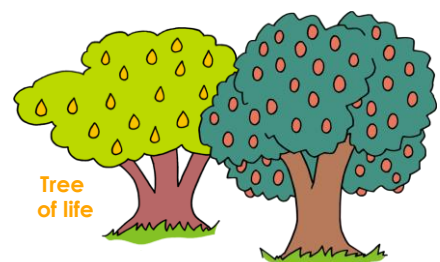
Remember Jericho? It was surrounded by a strong stone wall that protected the city. But the people in that city were enemies to God’s people. So, God wanted the wall to be broken down. Joshua and his army did exactly as God commanded for the walls to come crashing down (Joshua 6)! After the walls fell, God’s people took over the city! **If we don’t have self-control we are like a city with broken-down walls.**



**In Genesis 2 & 3 we learn that Adam and Eve
didn’t use self-control.**

God put Adam and Eve in the beautiful Garden of Eden. There were many trees and God said,

“You are free to eat from any tree in the garden; but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die.”



**Tree of the knowledge
of good and evil**



The snake said to the woman, “Did God *really* say, ‘You must not eat from any tree in the garden’?”

Eve said, “We may eat fruit from [all] the trees [except] from the tree that is in the middle of the garden... or [we] will die.”

“You will not certainly die,” the serpent said. “For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil.”

When Eve saw that the fruit of the tree was **good for food** and **pleasing to the eye**, and also **desirable for gaining wisdom**, she took some and ate it. She also gave some to Adam and he ate it.



Adam and Eve didn’t listen to God’s plan for them. Instead, they gave in to temptation. **They chose to do what was wrong.**



Adam and Eve didn’t use self-control. They had to face the consequences.

They were removed from the garden and had to work hard. They did eventually die because they couldn’t live in the garden where they could eat from the Tree of Life.

We want to listen to God and use self-control. This helps us to decide that we won’t make a choice to do something we know is wrong!

Self-Control means I will...
Think About God’s Plan Before I Act.
Control My Sudden Desires.
Weigh Consequences.
Make Good and Safe Choices.



Pray for God’s help! He will help you to have SELF-CONTROL!

ACTIVITY FOR ALL GRADES:

See below for examples of different ways of controlling yourself.

PRIMARY GRADES ACTIVITY:

Color the pictures of kids using self-control.

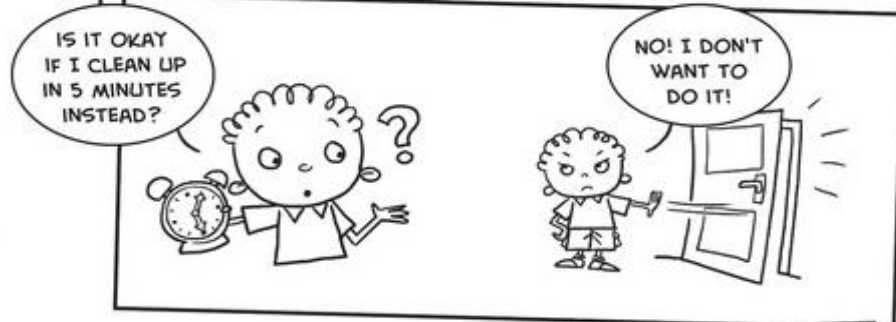
CONTROL YOUR THOUGHTS:



CONTROL YOUR ACTIONS:



CONTROL YOUR EMOTIONS:



CONTROL YOUR HABITS:



USE SELF-CONTROL! MAKE GOOD CHOICES!

Proverbs 4:10-11

**“My child, listen and accept what I say.
Then you will have a long life.
I am guiding you in wisdom.”**

You may be tempted to do things that are not good for your body. Even if others are doing it – say “NO!” Listen to Solomon’s advice. Don’t be like a city without walls!



CHOOSE TO SAY “NO!” TO BAD DRUGS, ALCOHOL and CIGARRETTES!

The Bible says that your body isn’t just yours, it is *for* God and *from* God.
It is a temple for the Holy Spirit. **(Read 1st Corinthians 6:19.)**

**While you are a child or teen... Always do what is good for your body!
When you are grown... Always do what is good for your body!**

Read Solomon’s **WARNING** in **Proverbs 3:29-35:**

²⁹⁻³⁰ Some people drink too much wine.
They try out all the different kinds of drinks.

So they have trouble. They are sad.

They fight. They complain.

They have unnecessary bruises.

They have bloodshot eyes.

³¹ Don’t stare at the wine’s pretty, red color.

It may sparkle in the cup.

It may go down your throat smoothly.

³² But later it bites like a snake.

Like a snake, it poisons you.

³³ Your eyes will see strange sights.

And your mind will be confused.

³⁴ You will feel dizzy, as if you’re out on the stormy ocean.

You will feel as if you’re on top of a ship’s sails.

³⁵ You will think, “They hit me, but I’m not hurt!

They have beaten me up, but I don’t remember it.

I wish I could wake up.

Then I would get another drink.”

**MAKE SELF-CONTROL
A LIFE-LONG GOAL!**

Say **NO**
to anything that is not
good for you... and
YES to what is!

UPPER GRADES ACTIVITY

Read Proverbs 25:28 from your Bible. Copy the verse below.



Write the meaning in your own words:

HOW can YOU do better with Self-Control?
