

GODTime

Day 1

Read 2 Thessalonians 3:13

Week | 04

Have you ever lost your temper? Become a red-faced, vein-popping-out, screaming lunatic? Did you get away with it? No. Why not? Because losing your temper always costs you something. It's true, isn't it? Think back ... what did your tantrum cost you? Maybe you lost privileges or respect or a friendship. God knows us and our tendency to lose control. His advice is simple: never tire of making wise choices.



During dinner, ask everyone to share about a time they lost their temper and what it cost them. Discuss ways each situation could have been handled better.

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THANK God for His Words,
which help us make wise choices.

GODTime

Day 2

Read Proverbs 29:11

Week | 04

"But I was SO ANGRY! I just couldn't stop myself!" Is that a good excuse for losing your temper? Do you think your parents would buy it as a reasonable explanation for why you socked your brother? Do you think a teacher would see it as a good reason for shoving a classmate? Would a judge in a courtroom overlook your actions? Would God see it as the wise choice? Losing your temper always costs you something. Are you willing to pay up?

Read Exodus 2:11-15. Answer the following:

Why was Moses angry?

What did he do?

What did it cost Moses?

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ASK God to help you control your temper.

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Day 3

Read Matthew 5:16

Week | 04

Would you like to be known as a "temper-loser"? You know, like Cain (Genesis 4:8) or Moses (Exodus 2:11-12 and 32:19)? Throughout history temper-tantrum-throwing people have been making headlines. Does that kind of notoriety appeal to you? Losing your temper can cost you your reputation. Wouldn't you rather be known for good stuff (like being wise and in control), bringing honor to God while you're at it?

**INTERVIEW OTHERS AND FIND OUT
WHAT THEY'D LIKE TO BE FAMOUS
FOR. HOW MANY WANT TO BE KNOWN
FOR LOSING THEIR TEMPER?
WRITE THE NUMBER HERE** →



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LOOK for ways to bring praise and honor to God.

GODTime

Day 4

Read 1 Peter 1:13-16

Week | 04

We've learned that anger comes with a cost (Day 2) and temper-losers get a bad reputation (Day 3). Today's verse indicates that when we lose control (and unwisely choose WANT over SHOULD) it hinders our ability to be holy and God-like. When you think about the fact that you were specially CHOSEN by God, it seems the desire to obey Him should be high on your list. Is it high on yours?

Write 3 things you've learned about self-control that will help you become more Godlike.

1.

2.

3.

KNOW that
God has chosen YOU to be His holy child.

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