

GODTime

Day 1

Read Proverbs 25:28

Week | 01

Self-control is all about wisely choosing "should" over "want." In a word, self-control is **HARD**. And just like any other "hard" thing—like throwing a perfectly spiraling football or playing an instrument flawlessly—it takes time, practice, and effort to do it well. That's where the acronym **SPUD** comes in, with the "S" standing for **SELF-CONTROL**. God wants us to be able to control ourselves. If we don't, somebody's going to get hurt.

Find and circle the following words related to self-control: **COST, HURT, PAIN, PUSH, SIN, SPUD, TEARS, TEMPER, YELL.**

**DCTSOY
UREPMT
PYAOLNR
SIRLPIU
NESPUSH**

THANK God for His Word—our one-stop self-control resource.

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Day 2

Read Genesis 4:7

Week | 01

A life without self-control—where "want" overrules "should"—is a hot potato you want to avoid! So how do you get control of self and avoid the sin that wants to dice, mash, and French-fry the abundant life God desires for you? Remember the acronym **SPUD**, with "P" reminding you to **PAUSE** to think about your options before you act, so nobody gets hurt. It's always the wise choice.

Unscramble these words to discover what you should do when you hit your **PAUSE** button:

AYRP _____ lots and lots!
KAS _____ others for advice.
KOLO _____ to God's Word for answers.
KHTNI _____ about how you'd want to be treated.

ASK for God's help each time you pause for control.

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Day 3

Read Proverbs 10:23

Week | 01

Think of someone you know who doesn't have self-control. Is that person highly thought of? Not hardly. No one wants to be a fool, so it pays to remember **SPUD**. After **PAUSING** to think about our options before we act, the "U" reminds us to **UNDERSTAND** the end result of each option and who it will impact. If you stop to gain understanding and delight in wisdom, God's sure to take delight in you!



Using the concordance at the back of a Bible, look up "**self-control**" and find **5 verses** about it. Memorize your favorite and recite it for your family tonight at dinner.

LISTEN as God speaks to you through His Word.

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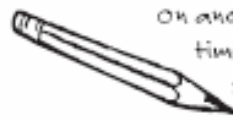
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Day 4

Read Psalm 17:4

Week | 01

Order what you want when it comes to lunch, but when it comes to self-control think **SPUD**. Why? To have **SELF-CONTROL** you need to **PAUSE** and think about your options. Then you need to **UNDERSTAND** the end result of each option and whom it will impact. Once you do that, you can **DECIDE** what to do, making your decision based on obeying your loving Heavenly Father. When you do that, nobody gets hurt.



On another piece of paper, draw a cartoon of a time you lost control. Then re-draw the same situation if you'd used the acronym **SPUD** before reacting.

KNOW that a self-controlled life is the best life.

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