

Remote Control: The choice is yours

Self-control is choosing to do what you should even when you don't want to.



MEMORY VERSE

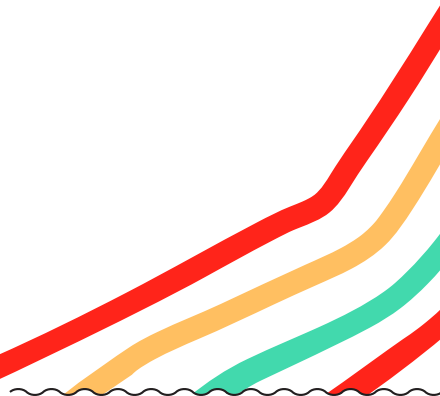
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2 Peter 1:3a, NlrV

Bible Story

David Spares Saul’s Life

1 Samuel 24

What makes you angry?



Weekly Cues



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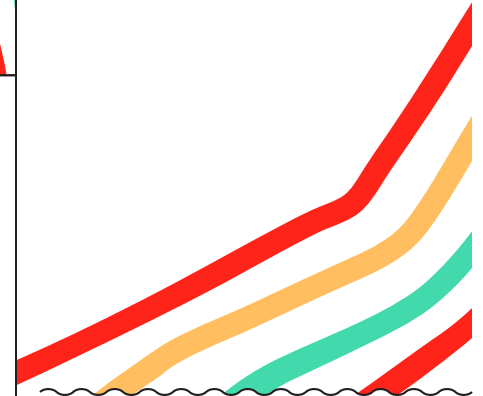
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Preteen

ENGAGE IN EVERYDAY MOMENTS TOGETHER



Morning Time

Start your kid's day off with encouragement by telling them: "I really enjoy spending time with you."



Meal Time

At a meal this week, ask: "What is something that gets you angry? How can you respond in a way that helps calm the situation?"



Drive Time

While on the go, be aware of how the challenges of commuting can bring out the worst in all of us. What is your kid seeing you get angry about?



Bed Time

Pray for each other: "God, we will get angry. It happens. Help us to handle that anger in a way that honors You."

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