



family challenge

April 27, 2020

Self-Control

“Like a city whose walls are broken down is a man who lacks self-control.”

- Proverbs 25:28

I will tame my tongue.

I will use my hands gently.

I will consider consequences.

I will learn to say no.

Family Activities

Fizzy Mess

Items Needed - Soda Pop (in a clear bottle)

In your backyard, or somewhere outside, shake up a bottle of soda as much as possible. As you are shaking the pop, explain that life has its “shake-ups” too. Life’s shake-ups are times when we feel a lot of pressure. For example, maybe teasing from a sibling “shakes you up.” Maybe it is feeling as though you’re not getting your fair share or being treated unjustly. Use examples of things that press your children’s buttons.

Next, take the top off the bottle of soda and fizz from the bottle will fly everywhere. Explain that when we lack self-control, we are just like the bottle of pop. Just as it makes a mess flying everywhere, we make messes when we lack self-control.

Stop Signs

Items Needed - Construction Paper, Scissors, Markers, Tape

Using construction paper, help your children cut out an octagon to be used as a stop sign. Using markers, write “STOP” on each one and discuss what the purpose of a stop sign is on the road. Talk about times when you might need to, literally, stop and think before you act. After some discussion, post these “stop signs” around the house as reminders to focus on how God would want us to act and respond in certain situations.