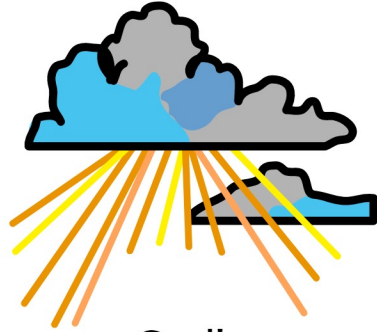


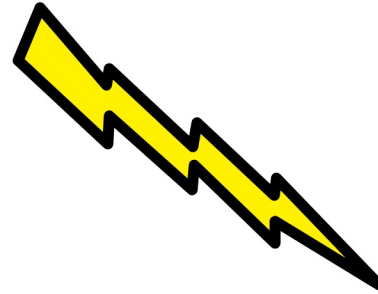
# Elementary January 2022 Memory Verse



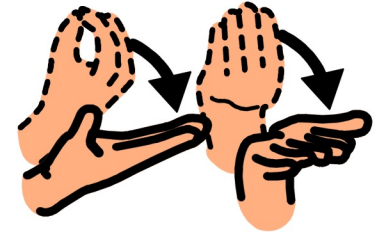
Peter 1:3a (NIRV)



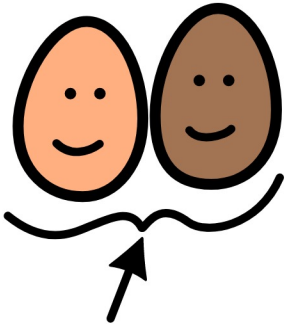
God's



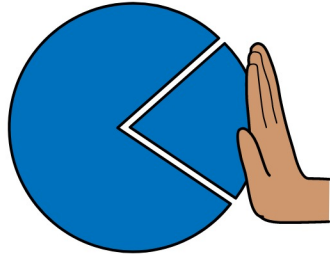
power



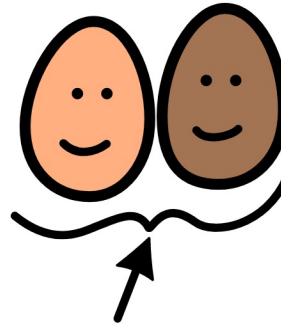
has given



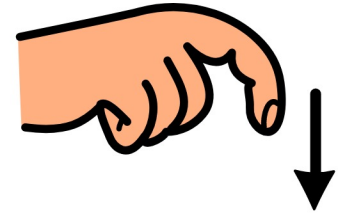
us



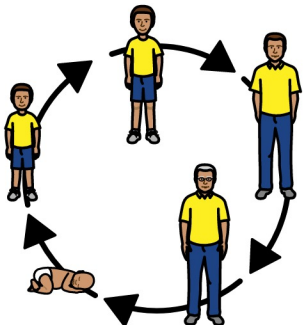
everything



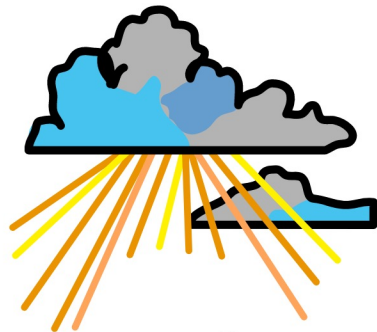
we



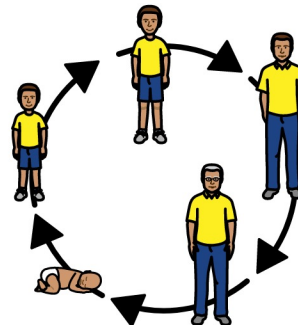
need



to live



a godly



life.



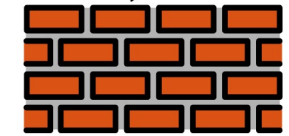
Proverbs 25:28



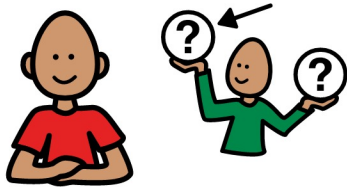
A person without self-control



is like a city whose



walls are broken through.



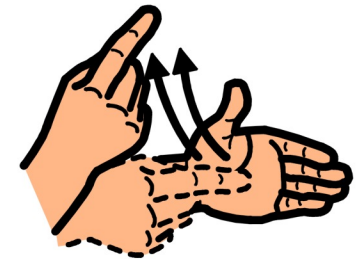
Self control is choosing to



do what you should do



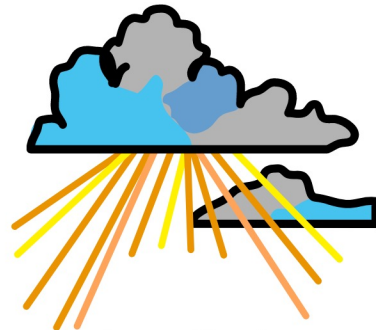
even when you don't want to.



Sometimes



we can feel out of control,



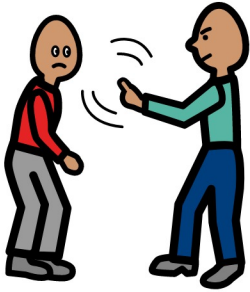
but God



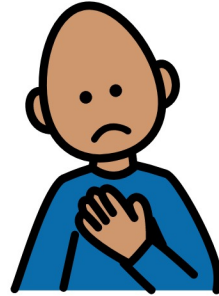
doesn't want us to lose control.



When we lose control,



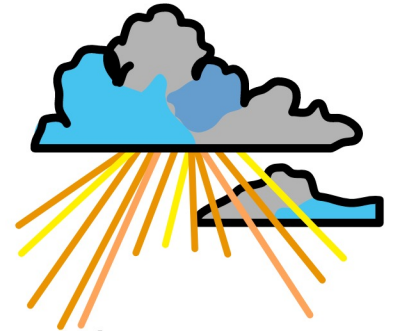
it can cause trouble.



We can get hurt and



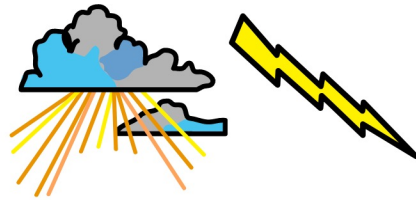
others can get hurt,  
too.



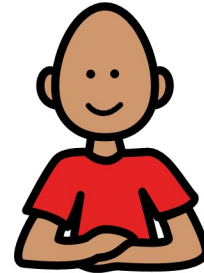
God wants us to



rely on



His power to



help us keep control.



When we feel out of  
control,



we can stop and



ask God to help  
us.



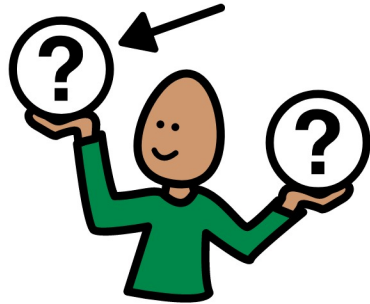
We can also do  
things like count to  
10, take deep  
breaths or



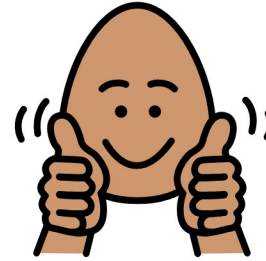
go sit somewhere  
quiet.

# January 9 2022 Life App pg. 4

Life App  
(Self-control)



Choosing to do what



you should do even  
when

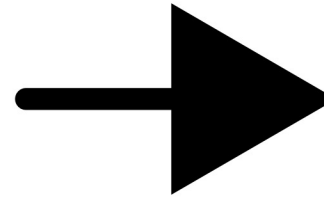


you don't want to.

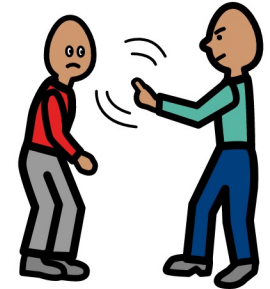
Bottom Line



When we lose  
control



it can cause

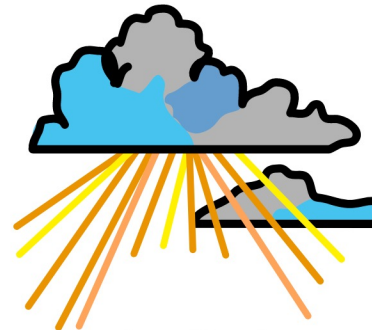


trouble.

Basic Truth



I am made



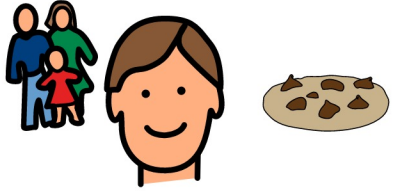
by God



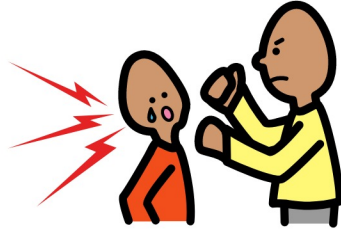
to worship Him.



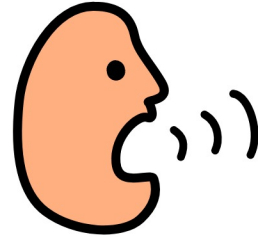
# January 9 2022 Discussion Questions pg. 5



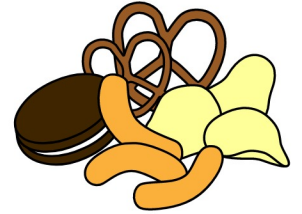
1. Your brother eats the last cookie. What can you do?



A. Hit him



B. Yell at Dad to buy more cookies



C. Walk away and look for another treat



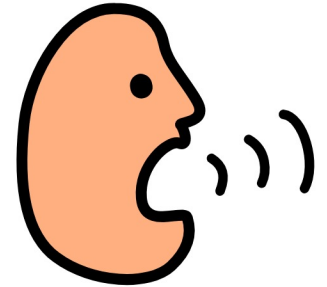
2. A neighbor kicks your basketball all the way down the street on purpose. What can you do?



A. Throw her football over the fence



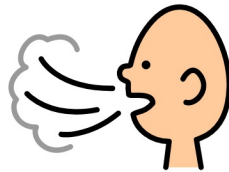
B. Count to 10



C. Yell at her



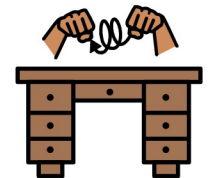
3. You feel



A. Take a deep breath and ask for help



B. Scream and run out of room



C. Pound on your desk