

Suggestions for Family Time

from ReThink Group



Before leaving for the day, write or tell your child, “Update your operating system today by praying and remember that everyone benefits when we practice self control.”



Q & A for kids: What’s your favorite food? Do you ever lose self-control when you’re eating it?

Q & A for parents: Do you find it harder to have self-control when it comes to your words, your food or your attitude?

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Ask your child, “What is something you just can’t get enough of?” Then ask, “If you don’t practice self-control in that area, what do you think would happen?” Give your child some tips on how to know when to stop with something they really love.



Read Proverbs 25:28. Does your family have any special rules? Sometimes rules can be frustrating and hard to understand. Your parents set rules to keep you safe and to help you develop the control that will help you make wise choices as you get older. Ask God to give each of you the power to control yourself so you can better show love to Him and to others.

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