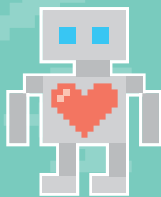


LIFE APP



WHAT GOD IS DOING IN YOU
TO CHANGE THE WORLD
AROUND YOU

BOTTOM LINE: God gives you the power to have self-control. Read Ephesians 4:29



Zip It or Lip It

Sometimes you need to NOT say what you are thinking because it can be hurtful. But, sometimes you SHOULD say something because it will be helpful! Let's play "Zip It" or "Lip It." If the statement below could be hurtful to someone, say "zip it" and pretend to zip your lips. If the statement could be helpful to someone, say "lip it" and give a thumbs up!

I love how you share your toys with me. You are so kind!
I think that we should stop playing with your sister—she isn't fun.
That shirt looks so nice on you!
Your lunch smells funny.

KNOW that your words can be used to hurt someone or help someone, so you need to watch what you say.



Tongue Tamer

Look up **Ephesians 4:29** and read through the verse a few times aloud so you can familiarize yourself with it. Now, here comes the tongue taming . . . using your pointer and thumb grab your tongue and say the verse again! It will sound so funny, but it will remind you to tame your tongue and to not "let any evil talk come out of your mouth!"

ASK God to help you tame your tongue when you are speaking to others.



Stop, Think, Act

Before you say or do something, it is important to train yourself to **stop, think, act**. This is especially helpful when you are frustrated. Sometimes, we say and do things that are unkind when we are frustrated. Grab three pieces of paper and write the word stop in red, think in yellow, and act in green so that one word is on each page.

Once you are finished, talk to an adult about how each word reminds you what to do when you need to practice self-control. Hang these three papers up somewhere in your house where you can see them every day to remind you what to do!

LOOK and notice the times where you have to stop, think, and act before saying or doing something you shouldn't.



Sweet Words

Spend a few minutes asking God to give you the strength to have self-control with your words and actions. Pray something like this:

"Dear God, thank You so much for teaching me how I can control my words and actions. Give me the strength and self-control to make what I do and say to others helpful to them and not hurtful. I love You, God, Amen."

THANK God for giving you the ability to practice self-control every day.

