

# Remote Control: The choice is yours



First, watch  
this week's  
video!

**Self-control:  
Choosing to  
do what you  
should even  
when you  
don't want to**

### Memory Verse

"God's power has given us everything we need to lead a godly life."  
2 Peter 1:3a, NIV

### Bible Story

Too Much of a Good Thing  
Proverbs 25:16

### Key Question

How do you know when to stop?

Use this guide to help your family learn how God wants us to live with self-control.

## Activity

### Luck of the Draw

#### What You Need:

Deck of cards (can be any cards from any card game, as long as the cards have numbers on them; if you choose, remove the "face" cards like jack, queen, king, and ace or explain the value of each)

#### What You Do:

Sit across from your child and place the deck of cards between you.

Say, "When I say 'go,' we're both going to draw a card from the stack and hold it to our foreheads facing out. I should be able to see your card, but not my own, and vice versa. Based on my card, you're going to guess if yours is higher or lower. If you get it right, you get to keep your card. If not, I get to keep your card. Then we'll draw again, and it's my turn to guess."

Play until the deck of cards in the middle is gone. Count to see who won the most cards, and declare a winner.

Say, "You used some great thinking skills to make a decision about your cards. It's important to collect information and THINK before you do something. That's not only good advice for a game strategy—it works for everything in life."

## Talk About the Bible Story

According to Proverbs 25:16, even if something is a good thing, we can get or do too much of it. Give some examples.

When do you tend to push the limits to see how far you can go with something, or how much you can have of something?

In our game, if I held up a high card, you probably guessed that yours was lower. Similarly, we can look for signs in life to avoid risky situations. What are some signals you can watch for to know when something has gone from "enough" to "too much" in the things you do or say?

What's one thing you want to do a better job of controlling this week?

*Parent: Make it personal by sharing something YOU like so much that it's hard to stop. Also tell your child how you know when to stop—whether by setting a limit, setting a timer, etc.*

## Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"Dear God, thank You so much for the good things You give us! Thank You for good food and fun things to do. Help us remember that EVERYTHING has a 'too much.' Help us have self-control and know when to stop. We love You so much, God. Amen."