

Walking in Self-Control

A 31-Day Bible Study for Families



'For God hath not given us the spirit of fear...'

2 Timothy 1:7 KJV

Daily Devotional

Name: _____

Date: _____

BIBLE VERSE COPYWORK:

DISCUSSION:

MY REFLECTION:

PERSONAL PRAYER:

I WILL APPLY THIS FOR:

I AM THANKFUL FOR:

Sabbath Talks

Theme: _____:

BIBLE VERSE

WHAT DO YOU THINK THIS VERSE MEANS?

HOW CAN WE APPLY THIS VERSE IN OUR DAILY LIFE?

WHAT QUESTIONS DO YOU HAVE ABOUT THIS VERSE?

**WHAT IS THE MOST INTERESTING THING YOU HAVE LEARNED
FROM THE BIBLE STUDY THIS WEEK?**

Sabbath Talks

Theme: _____:

BIBLE VERSE

DAY 1

BIBLE VERSE/COPYWORK:

For God hath not given us the spirit of fear;
but of power, and of love, and of a sound mind.
2 Timothy 1:7 KJV

Discussion:

How does GOD help us use SELF-CONTROL?

Reflection:

Younger kids: Draw a picture about today's verse.

Older kids: Write a sentence or two about today's verse.

Family Prayer:

LORD, help our family grow in YOUR ways today. AMEN.

Optional Activities:

Hymn: No Spirit of Fear

Look up the Biblical definition of SELF-CONTROL.

DAY 2

BIBLE VERSE/COPYWORK:

He that hath no rule over his own spirit
is like a city that is broken down, and without walls.

Proverbs 25:28

Discussion:

What is being compared in this verse?

Reflection:

Younger kids: Draw a picture about today's verse.

Older kids: Write a sentence or two about today's verse.

Family Prayer:

LORD, help our family grow in YOUR ways today. AMEN.

Optional Activities:

Hymn: No Spirit of Fear

Choose an activity from the Devotional Activity Sheets pack.

DAY 3

BIBLE VERSE/COPYWORK:

But the fruit of the Spirit is love, joy, peace,
longsuffering, gentleness, goodness, faith,
Meekness, temperance: against such there is no law.
Galatians 5:22-23

Discussion:

Which word means self-control?

Reflection:

Younger kids: Draw a picture about today's verse.

Older kids: Write a sentence or two about today's verse.

Family Prayer:

LORD, help our family grow in YOUR ways today. AMEN.

Optional Activities:

Hymn: No Spirit of Fear

Choose an activity from the Devotional Activity Sheets pack.

DAY 4

BIBLE VERSE/COPYWORK:

There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able: but will with the temptation also make a way to escape, that ye may be able to bear it.

1 Corinthians 10:13

Discussion:

How can GOD help you when you feel like you have no self-control?

Reflection:

Younger kids: Draw a picture about today's verse.

Older kids: Write a sentence or two about today's verse.

Family Prayer:

LORD, help our family grow in YOUR ways today. AMEN.

Optional Activities:

Hymn: No Spirit of Fear

Choose an activity from the Devotional Activity Sheets pack.

DAY 5

BIBLE VERSE/COPYWORK:

He that is slow to anger is better than the mighty;
and he that ruleth his spirit than he that taketh a city.
Proverbs 16:32

Discussion:

What is SELF-CONTROL being compared to?

Reflection:

Younger kids: Draw a picture about today's verse.

Older kids: Write a sentence or two about today's verse.

Family Prayer:

LORD, help our family grow in YOUR ways today. AMEN.

Optional Activities:

Hymn: No Spirit of Fear

Choose an activity from the Devotional Activity Sheets pack.

DAY 6

BIBLE VERSE/COPYWORK:

For the grace of God that bringeth salvation
hath appeared to all men.

Teaching us that, denying ungodliness and worldly lusts,
we should live soberly, righteously, and godly,
in this present world:

Titus 2:11-12

Discussion:

What are some worldly things we should avoid?

Reflection:

Younger kids: Draw a picture about today's verse.

Older kids: Write a sentence or two about today's verse.

Family Prayer:

LORD, help our family grow in YOUR ways today. AMEN.

Optional Activities:

Hymn: No Spirit of Fear

Choose an activity from the Devotional Activity Sheets pack.

DAY 7

BIBLE VERSE/COPYWORK:

Wherefore, my beloved brethren,
let every man be swift to hear,
slow to speak, slow to wrath:

James 1:19

Discussion:

What are three ways to practice SELF-CONTROL?

Reflection:

Younger kids: Draw a picture about today's verse.

Older kids: Write a sentence or two about today's verse.

Family Prayer:

LORD, help our family grow in YOUR ways today. AMEN.

Optional Activities:

Hymn: No Spirit of Fear

Choose an activity from the Devotional Activity Sheets pack.

DAY 8

BIBLE VERSE/COPYWORK:

Whoso keepeth his mouth and his tongue
keepeth his soul from troubles.

Proverbs 21:23

Discussion:

How can SELF-CONTROL keep us from problems?

Reflection:

Younger kids: Draw a picture about today's verse.

Older kids: Write a sentence or two about today's verse.

Family Prayer:

LORD, help our family grow in YOUR ways today. AMEN.

Optional Activities:

Hymn: No Spirit of Fear

Choose an activity from the Devotional Activity Sheets pack.

DAY 9

BIBLE VERSE/COPYWORK:

Set a watch, O Lord, before my mouth;
keep the door of my lips.
Psalm 141:3

Discussion:

How can GOD help us with SELF-CONTROL?

Reflection:

Younger kids: Draw a picture about today's verse.

Older kids: Write a sentence or two about today's verse.

Family Prayer:

LORD, help our family grow in YOUR ways today. AMEN.

Optional Activities:

Hymn: No Spirit of Fear

Choose an activity from the Devotional Activity Sheets pack.

DAY 10

BIBLE VERSE/COPYWORK:

A soft answer turneth away wrath:
but grievous words stir up anger.
Proverbs 15:1

Discussion:

What does this verse tell us about SELF-CONTROL ?

Reflection:

Younger kids: Draw a picture about today's verse.

Older kids: Write a sentence or two about today's verse.

Family Prayer:

LORD, help our family grow in YOUR ways today. AMEN.

Optional Activities:

Hymn: No Spirit of Fear

Make a list of 10 ways that you can show SELF-CONTROL.

DAY 11

BIBLE VERSE/COPYWORK:

Let your speech be always with grace, seasoned with salt,
that ye may know how ye ought to answer every man.

Colossians 4:6

Discussion:

Does GOD's SELF-CONTROL help us communicate?

Reflection:

Younger kids: Draw a picture about today's verse.

Older kids: Write a sentence or two about today's verse.

Family Prayer:

LORD, help our family grow in YOUR ways today. AMEN.

Optional Activities:

Hymn: No Spirit of Fear

Choose a poem from the Devotional Activity Sheets pack.

DAY 12

BIBLE VERSE/COPYWORK:

Submit yourselves therefore to God.
Resist the devil, and he will flee from you.
James 4:7

Discussion:

What are some things you should ask GOD for help with?

Reflection:

Younger kids: Draw a picture about today's verse.

Older kids: Write a sentence or two about today's verse.

Family Prayer:

LORD, help our family grow in YOUR ways today. AMEN.

Optional Activities:

Hymn: No Spirit of Fear

Choose an activity from the Devotional Activity Sheets pack.

DAY 13

BIBLE VERSE/COPYWORK:

Be sober, be vigilant;
because your adversary the devil,
as a roaring lion, walketh about,
seeking whom he may devour:
1 Peter 5:8

Discussion:

Why do you think that we must practice SELF-CONTROL?

Reflection:

Younger kids: Draw a picture about today's verse.

Older kids: Write a sentence or two about today's verse.

Family Prayer:

LORD, help our family grow in YOUR ways today. AMEN.

Optional Activities:

Hymn: No Spirit of Fear

Choose an activity from the Devotional Activity Sheets pack.

DAY 14

BIBLE VERSE/COPYWORK:

Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak.

Matthew 26:41

Discussion:

Why is important to ask GOD for help with SELF-CONTROL?

Reflection:

Younger kids: Draw a picture about today's verse.

Older kids: Write a sentence or two about today's verse.

Family Prayer:

LORD, help our family grow in YOUR ways today. AMEN.

Optional Activities:

Hymn: No Spirit of Fear

Choose an activity from the Devotional Activity Sheets pack.

DAY 15

BIBLE VERSE/COPYWORK:

And be not conformed to this world:
but be ye transformed by the renewing of your mind,
that ye may prove what is that good, and acceptable,
and perfect, will of God.

Romans 12:2

Discussion:

How does this verse give us encouragement in our trials?

Reflection:

Younger kids: Draw a picture about today's verse.

Older kids: Write a sentence or two about today's verse.

Family Prayer:

LORD, help our family grow in YOUR ways today. AMEN.

Optional Activities:

Hymn: No Spirit of Fear

Choose an activity from the Devotional Activity Sheets pack.

DAY 16

BIBLE VERSE/COPYWORK:

All the paths of the Lord are mercy and truth
unto such as keep his covenant and his testimonies.

1 Corinthians 9:27

Discussion:

How can we build better habits?

Reflection:

Younger kids: Draw a picture about today's verse.

Older kids: Write a sentence or two about today's verse.

Family Prayer:

LORD, help our family grow in YOUR ways today. AMEN.

Optional Activities:

Hymn: No Spirit of Fear

Choose an activity from the Devotional Activity Sheets pack.

DAY 17

BIBLE VERSE/COPYWORK:

Now no chastening for the present seemeth to be joyous,
but grievous: nevertheless afterward it yieldeth the peaceable
fruit of righteousness unto them which are exercised thereby.

Hebrews 12:11

Discussion:

How can SELF-CONTROL give you HOPE for tomorrow?

Reflection:

Younger kids: Draw a picture about today's verse.

Older kids: Write a sentence or two about today's verse.

Family Prayer:

LORD, help our family grow in YOUR ways today. AMEN.

Optional Activities:

Hymn: No Spirit of Fear

Choose an activity from the Devotional Activity Sheets pack.

DAY 18

BIBLE VERSE/COPYWORK:

I can do all things through Christ
which strengtheneth me.
Philippians 4:13

Discussion:

Who can help us with our SELF-CONTROL when it is hard?

Reflection:

Younger kids: Draw a picture about today's verse.

Older kids: Write a sentence or two about today's verse.

Family Prayer:

LORD, help our family grow in YOUR ways today. AMEN.

Optional Activities:

Hymn: No Spirit of Fear

Choose a poem from the Devotional Activity Sheets pack.

DAY 19

BIBLE VERSE/COPYWORK:

Where there is no vision, the people perish:
but he that keepeth the law, happy is he.
Proverbs 29:18

Discussion:

Why is it important to learn SELF-CONTROL ?

Reflection:

Younger kids: Draw a picture about today's verse.

Older kids: Write a sentence or two about today's verse.

Family Prayer:

LORD, help our family grow in YOUR ways today. AMEN.

Optional Activities:

Hymn: No Spirit of Fear

Choose an activity from the Devotional Activity Sheets pack.

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DAY 20

BIBLE VERSE/COPYWORK:

And beside this, giving all diligence,
add to your faith virtue; and to virtue knowledge;
2 Peter 1:5

Discussion:

How would you describe the character of a person with
SELF-CONTROL?

Reflection:

Younger kids: Draw a picture about today's verse.

Older kids: Write a sentence or two about today's verse.

Family Prayer:

LORD, help our family grow in YOUR ways today. AMEN.

Optional Activities:

Hymn: No Spirit of Fear

Write an Acrostic Poem using the word SELF-CONTROL.

DAY 21

BIBLE VERSE/COPYWORK:

But ye are not in the flesh, but in the Spirit,
if so be that the Spirit of God dwell in you.
Now if any man have not the Spirit of Christ,
he is none of his.

Romans 8:9

Discussion:

Why must we rely on GOD to help us with SELF-CONTROL?

Reflection:

Younger kids: Draw a picture about today's verse.

Older kids: Write a sentence or two about today's verse.

Family Prayer:

LORD, help our family grow in YOUR ways today. AMEN.

Optional Activities:

Hymn: No Spirit of Fear

Choose an activity from the Devotional Activity Sheets pack.

DAY 22

BIBLE VERSE/COPYWORK:

For ye were sometimes darkness,
but now are ye light in the Lord: walk as children of light:
(For the fruit of the Spirit is in all goodness
and righteousness and truth:)

Ephesians 5:8-9

Discussion:

Why do you think that SELF-CONTROL is a fruit of the SPIRIT?

Reflection:

Younger kids: Draw a picture about today's verse.

Older kids: Write a sentence or two about today's verse.

Family Prayer:

LORD, help our family grow in YOUR ways today. AMEN.

Optional Activities:

Hymn: No Spirit of Fear

Choose an activity from the Devotional Activity Sheets pack.

DAY 23

BIBLE VERSE/COPYWORK:

And they that are Christ's have crucified the flesh
with the affections and lusts.

Galatians 5:24

Discussion:

What must we do to practice SELF-CONTROL?

Reflection:

Younger kids: Draw a picture about today's verse.

Older kids: Write a sentence or two about today's verse.

Family Prayer:

LORD, help our family grow in YOUR ways today. AMEN.

Optional Activities:

Hymn: No Spirit of Fear

Choose an activity from the Devotional Activity Sheets pack.

DAY 24

BIBLE VERSE/COPYWORK:

Nevertheless, whereto we have already attained,
let us walk by the same rule, let us mind the same thing.
Philippians 3:16

Discussion:

How is SELF-CONTROL connected to the other fruits of the SPIRIT?

Reflection:

Younger kids: Draw a picture about today's verse.

Older kids: Write a sentence or two about today's verse.

Family Prayer:

LORD, help our family grow in YOUR ways today. AMEN.

Optional Activities:

Hymn: No Spirit of Fear

Choose an activity from the Devotional Activity Sheets pack.

DAY 25

BIBLE VERSE/COPYWORK:

Whoso loveth instruction loveth knowledge:
but he that hateth reproof is brutish.
Proverbs 12:1

Discussion:

How can we learn SELF-CONTROL?

Reflection:

Younger kids: Draw a picture about today's verse.

Older kids: Write a sentence or two about today's verse.

Family Prayer:

LORD, help our family grow in YOUR ways today. AMEN.

Optional Activities:

Hymn: No Spirit of Fear

Choose a poem from the Devotional Activity Sheets pack.

DAY 26

BIBLE VERSE/COPYWORK:

Prove all things; hold fast that which is good.

Abstain from all appearance of evil.

1 Thessalonians 5:21-22

Discussion:

How can we practice SELF-CONTROL?

Reflection:

Younger kids: Draw a picture about today's verse.

Older kids: Write a sentence or two about today's verse.

Family Prayer:

LORD, help our family grow in YOUR ways today. AMEN.

Optional Activities:

Hymn: No Spirit of Fear

Choose an activity from the Devotional Activity Sheets pack.

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DAY 27

BIBLE VERSE/COPYWORK:

Wherefore, my beloved, as ye have always obeyed,
not as in my presence only, but now much more in my absence,
work out your own salvation with fear and trembling.

Philippians 2:12

Discussion:

When should we use SELF-CONTROL?

Reflection:

Younger kids: Draw a picture about today's verse.

Older kids: Write a sentence or two about today's verse.

Family Prayer:

LORD, help our family grow in YOUR ways today. AMEN.

Optional Activities:

Hymn: No Spirit of Fear

Choose an activity from the Devotional Activity Sheets pack.

DAY 28

BIBLE VERSE/COPYWORK:

Wherefore seeing we also are compassed about with so great
a cloud of witnesses, let us lay aside every weight,
and the sin which doth so easily beset us,
and let us run with patience the race that is set before us.
Hebrews 12:1

Discussion:

How can others help us with SELF-CONTROL?

Reflection:

Younger kids: Draw a picture about today's verse.

Older kids: Write a sentence or two about today's verse.

Family Prayer:

LORD, help our family grow in YOUR ways today. AMEN.

Optional Activities:

Hymn: No Spirit of Fear

Choose an activity from the Devotional Activity Sheets pack.

DAY 29

BIBLE VERSE/COPYWORK:

Keep thy heart with all diligence;
for out of it are the issues of life.

Proverbs 4:23

Discussion:

Why must we practice SELF-CONTROL?

Reflection:

Younger kids: Draw a picture about today's verse.

Older kids: Write a sentence or two about today's verse.

Family Prayer:

LORD, help our family grow in YOUR ways today. AMEN.

Optional Activities:

Hymn: No Spirit of Fear

Choose an activity from the Devotional Activity Sheets pack.

DAY 30

BIBLE VERSE/COPYWORK:

And David said to Solomon his son,
Be strong and of good courage, and do it: fear not,
nor be dismayed: for the Lord God, even my God,
will be with thee; he will not fail thee, nor forsake thee,
until thou hast finished all the work
for the service of the house of the Lord.

Discussion: 1 Chronicles 28:20

Who can we turn to when things seem tough?

Reflection:

Younger kids: Draw a picture about today's verse.

Older kids: Write a sentence or two about today's verse.

Family Prayer:

LORD, help our family grow in YOUR ways today. AMEN.

Optional Activities:

Hymn: No Spirit of Fear

Choose an activity from the Devotional Activity Sheets pack.

DAY 31

BIBLE VERSE/COPYWORK:

Commit thy way unto the Lord;
trust also in him; and he shall bring it to pass.

Psalm 37:5

Discussion:

Who will help us have SELF-CONTROL?

Reflection:

Younger kids: Draw a picture about today's verse.

Older kids: Write a sentence or two about today's verse.

Family Prayer:

LORD, help our family grow in YOUR ways today. AMEN.

Optional Activities:

Hymn: No Spirit of Fear

Write a couple of paragraphs about what SELF-CONTROL means to you.

Notes: