



Developing Self-Control God's Way: A Study for Children



Explore how children can learn and grow in self-control through God's Word, fostering spiritual growth and wise choices every day.

Table of contents

<u>Introduction</u>	3
<u>Day 1: ✨ Understanding Self-Control</u>	4
<u>Day 2: 💡 Learning from Jesus' Example</u>	10
<u>Day 3: 🧠 Training Our Minds</u>	16
<u>Day 4: ❤️ Controlling Our Emotions</u>	22
<u>Day 5: 🤝 Serving Others with Self-Control</u>	28
<u>Day 6: 🌱 Growing in God's Spirit</u>	34
<u>Day 7: 🎉 Celebrating Growth in Self-Control</u>	40



Introduction

Welcome to this 7-day Bible study designed especially for children who want to develop self-control God's way. Self-control is an important skill that helps us make good choices, stay calm, and act in ways that honor God. Just like muscles grow stronger when we exercise them, self-control also grows when we practice it with God's help. 🤝

Through these lessons, you'll learn stories and scriptures that teach how God helps kids—and all of us—stay patient, kind, and wise, even when things are tough. You'll discover that self-control isn't just about saying “no” to wrong things, but also about saying “yes” to what is good and helpful.

Each day includes a passage from the Bible, supporting verses, a devotional to help you understand the lesson, questions for you to think about, journaling prompts for reflecting on what you've learned, and a prayer to ask God for strength. Whether you are reading alone, with your family, or at Sunday school, these lessons are designed to inspire you to grow closer to God while developing one of the most important gifts He can give: self-control.

Remember, developing self-control is a journey. It's okay to make mistakes because God's grace always helps us start again. Let's begin this adventure hand in hand with God, learning to live wisely, love others well, and honor our Creator in everything we do. Ready? Let's dive in!





Day 1: ✨ Understanding Self-Control



Day 1: ✨ Understanding Self-Control

Your Verse

Proverbs 25:28 - "Like a city whose walls are broken through is a person who lacks self-control."

Supporting Scriptures

- *Galatians 5:22-23 - "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control."*
- *2 Timothy 1:7 - "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."*



Day 1: ✨ Understanding Self-Control

Devotional: Why Self-Control Matters

Have you ever felt like you just can't stop yourself from doing something, even when you know it's not good? That's what it feels like when we don't have self-control. The Bible compares a person without self-control to a city without walls. Can you imagine a city with no walls? It would be easy to get hurt or have bad things happen because there's no protection.

Self-control acts like those strong walls around a city. When we have self-control, we're protected from making choices that can hurt us or others. The good news is that self-control is part of the fruit of the Spirit, which means when we ask God to help us, He fills us with self-control so we can make better choices!

Today, think about areas in your life where you want to have better control. God gives us strength to say no to the wrong things and yes to the right things. Let's start this journey by asking God to help us build strong walls of self-control around our hearts.



Day 1: ✨ Understanding Self-Control

Reflect and Apply

1. What is one moment when you found it hard to control your actions or words?

2. Why do you think having self-control is like having strong walls around a city?

3. How can asking God for help make self-control easier?



Day 1: ✨ Understanding Self-Control

Journaling Prompts

1. Write about a time when having self-control helped you.

2. List three things you want to have more control over.

3. Draw or describe what 'walls of self-control' around your heart might look like.



Day 1: ✨ Understanding Self-Control

Prayer for Today

Dear God, thank You for giving me the gift of self-control. Please help me build strong walls around my heart so I can choose what is right and please You. When I feel tempted or angry, remind me that You are with me and give me strength. Help me to grow each day in self-control and make choices that honor You. Thank You for loving me always. *Amen.* 🙏🛡️❤️✨





Day 2: 💡 Learning from Jesus' Example



Day 2: 💡 Learning from Jesus' Example

Your Verse

Hebrews 4:15 - "For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin."

Supporting Scriptures

- *Matthew 4:1-11 (Jesus' temptation) - Jesus resisted Satan's temptations by relying on God's Word.*
- *John 14:6 - "Jesus answered, 'I am the way and the truth and the life.'"*



Day 2: 💡 Learning from Jesus' Example

Devotional: Jesus Shows Us Self-Control

Jesus is the best example of self-control because He faced many temptations but never sinned. When Satan tempted Jesus in the wilderness, Jesus used God's own Word to resist doing wrong. Jesus shows us that when we feel tempted to act selfishly, get angry, or make bad choices, turning to God and His Word can help us say no and choose what is right.

Even though Jesus is God's Son, He understands how hard it is for us to control ourselves because He experienced temptations too. That means He understands our struggles and wants to help us. When you're tempted to lose your temper or do something you shouldn't, remember Jesus' example—He trusted God and had the strength to say no.

Today, try to remember Jesus the next time you face a hard choice. He shows us that self-control is possible with God's help. Maybe you can even memorize a scripture that will encourage you to do what's right like Jesus did!



Day 2: 💡 Learning from Jesus' Example

Reflect and Apply

1. What temptations do you face that make it hard to have self-control?

2. How did Jesus use God's Word to help Him say no to temptation?

3. How can Jesus' example give you courage when you need self-control?



Day 2: 💡 Learning from Jesus' Example

Journaling Prompts

1. Write about a time you tried to follow Jesus' example of self-control.

2. List some scriptures you can use to help when you feel tempted.

3. Draw a picture or write a prayer asking Jesus to help you with self-control.



Day 2: 💡 Learning from Jesus' Example

Prayer for Today

Dear Jesus, thank You for showing me how to have self-control by trusting God. When I face temptations, please help me remember Your Word and Your example. Help me to say no to wrong things and yes to what pleases You. Thank You for always understanding how I feel and helping me be strong.

Amen. 🏠 📖 💪 🙏





Day 3: 🧠 Training Our Minds



Day 3: 🧠 Training Our Minds

Your Verse

Philippians 4:8 - "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."

Supporting Scriptures

- *Romans 12:2 - "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."*
- *2 Corinthians 10:5 - "Take captive every thought to make it obedient to Christ."*



Day 3: 🧠 Training Our Minds

Devotional: Thinking God's Thoughts Helps Self-Control

Self-control starts in the mind. What we think about affects how we act. The Bible tells us to focus on things that are true, good, and pure. When we do that, it's easier to make good choices and control our actions.

Imagine your mind is like a garden. If you plant good seeds—like kindness, honesty, and patience—and pull out the weeds—like anger, jealousy, and selfishness—your garden will grow beautiful flowers. But if you let bad thoughts grow, it's harder to control what you do.

Today, try to notice what kind of thoughts fill your mind. When negative thoughts come in, ask God to help you change them into positive ones. This kind of training helps your self-control grow stronger every day!



Day 3: 🧠 Training Our Minds

Reflect and Apply

1. What kinds of thoughts do you find easiest to focus on?

2. How do your thoughts affect your actions during the day?

3. What is one way you can train your mind to think about good things?



Day 3: 🧠 Training Our Minds

Journaling Prompts

1. Write down three good things you want to think about today.

2. Describe a time when thinking positive thoughts helped you make a good choice.

3. Draw a picture of your mind as a garden and label the seeds you want to plant.



Day 3: 🧠 Training Our Minds

Prayer for Today

Dear God, thank You for giving me a mind that can think about good things. Please help me to focus on what is true, noble, and kind. When bad thoughts try to come in, help me to replace them with Your thoughts. Teach me to train my mind to follow You so I can grow in self-control. *Amen.* 🌻 🧠 🙏 ✨





Day 4: ❤️ Controlling Our Emotions



Day 4: ❤️ Controlling Our Emotions

Your Verse

James 1:19-20 - "Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires."

Supporting Scriptures

- *Proverbs 16:32 - "Better a patient person than a warrior, one with self-control than one who takes a city."*
- *Ephesians 4:26 - "In your anger do not sin: Do not let the sun go down while you are still angry."*



Day 4: ❤️ Controlling Our Emotions

Devotional: Managing Anger and Emotions God's Way

It's okay to feel angry sometimes, but what we do with our anger is important. The Bible teaches us to be slow to anger and to listen carefully before we speak or act. When we control our emotions, especially anger, we make better choices that please God.

Think about how you feel when you're upset. Do you yell, hit, or say mean things? Or do you take a deep breath, pray, and try to calm down? Having self-control over our emotions doesn't mean we never get upset—it means we learn to handle those feelings in ways that don't hurt others or ourselves.

Ask God to help you notice when you're getting angry and give you the patience to respond calmly. Over time, practicing this helps your self-control grow strong and shows love to the people around you.



Day 4: ❤️ Controlling Our Emotions

Reflect and Apply

1. How do you usually react when you get angry or frustrated?

2. Why is it important to be slow to anger, according to the Bible?

3. What steps can you take to control your emotions better next time?



Day 4: ❤️ Controlling Our Emotions

Journaling Prompts

1. Write about a time you felt angry but handled it well.

2. List things you can do to calm down when you feel upset.

3. Draw or write a reminder to yourself about being patient and gentle.



Day 4: ❤️ Controlling Our Emotions

Prayer for Today

Dear God, sometimes I get angry and it's hard to control my feelings. Please help me be patient and slow to anger. Teach me to listen well and to think before I speak or act. Help me show love to others, even when I feel upset. Thank You for always being with me and helping me grow. *Amen.* ❤️ 🙏 😊





Day 5: 🙌 Serving Others with Self-Control



Day 5: 🙏 Serving Others with Self-Control

Your Verse

Galatians 5:13 – "Serve one another humbly in love."

Supporting Scriptures

- *Philippians 2:3-4 – "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves."*
- *Romans 12:10 – "Be devoted to one another in love. Honor one another above yourselves."*



Day 5: 🙏 Serving Others with Self-Control

Devotional: Self-Control Shows in Serving Others

Self-control isn't just about what we don't do; it's also about choosing to do good for others. When we serve others with love, we often have to put their needs before our own wants. That takes self-control, because it means saying no to selfish thoughts and yes to kindness and patience.

God wants us to serve with humble hearts. Sometimes that means sharing, waiting your turn, or helping even when you don't feel like it. These choices show that self-control is growing in your heart. When you decide to serve others instead of focusing just on yourself, you follow Jesus' way.

Think about how you can serve your family, friends, or community today. Even small acts of kindness help your self-control grow and make the world better.



Reflect and Apply

1. How does serving others show self-control?

2. Can you think of a time when putting someone else first was hard but good?

3. What are some ways you can serve others this week?



Day 5: 🙏 Serving Others with Self-Control

Journaling Prompts

1. Write about a time you served someone and how it made you feel.

2. List three ways you can serve others at home or school.

3. Draw a picture of an act of kindness you want to do.



Day 5: 🙌 Serving Others with Self-Control

Prayer for Today

Dear God, thank You for showing me how to love and serve others. Please help me to have self-control when I want things my way. Teach me to put others first and serve with a happy heart. Help me be kind, patient, and loving like Jesus. Thank You for giving me chances to make a difference. *Amen.* ❤️





Day 6: 🌱 Growing in God's Spirit



Day 6: 🌱 Growing in God's Spirit

Your Verse

John 15:5 - "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."

Supporting Scriptures

- *Galatians 5:22-23 - "But the fruit of the Spirit is... self-control."*
- *Ephesians 3:16 - "I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being."*



Day 6: 🌱 Growing in God's Spirit

Devotional: Letting God Strengthen Your Self-Control

We can't develop true self-control on our own; we need God's help every step of the way. Jesus compares our relationship with Him to branches growing on a vine. When we stay connected to Jesus by reading the Bible, praying, and trusting Him, His Spirit helps us grow self-control and other fruits like love and kindness.

Sometimes self-control feels hard because we're trying to do it by ourselves. But when we remember to rely on God's strength, He fills us and helps us make good choices. Staying close to Jesus is the best way to grow strong in self-control!

Today, ask God to help you stay connected to Him so you can grow in self-control and be the kind of person He wants you to be.



Reflect and Apply

1. How does staying connected to Jesus help you gain self-control?

2. What are some ways you can stay close to God every day?

3. Why is relying on God's Spirit better than trying on your own?



Day 6: 🌱 Growing in God's Spirit

Journaling Prompts

1. Write about how you feel when you spend time with God.

2. List three ways to stay connected to Jesus daily.

3. Draw a vine and branches and write your name on a branch connected to Jesus.



Day 6: 🌱 Growing in God's Spirit

Prayer for Today

Dear Jesus, thank You for being the vine and for helping me grow in self-control. Please help me stay close to You through prayer and reading Your Word. Fill me with Your Spirit so I can make good choices and live in a way that pleases You. I want to grow strong in You every day. *Amen.* 🌿 🍇 🙏 ❤️





Day 7: 🎉 Celebrating Growth in Self-Control



Day 7: 🎉 Celebrating Growth in Self-Control

Your Verse

2 Peter 1:5-7 - "For this very reason, make every effort to add to your faith goodness; and to goodness, self-control..."

Supporting Scriptures

- *James 1:12 - "Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life."*
- *Psalms 34:8 - "Taste and see that the Lord is good; blessed is the one who takes refuge in him."*



Day 7: 🎉 Celebrating Growth in Self-Control

Devotional: Keep Growing and Trust God's Promises

Congratulations! You've taken steps to learn about and practice self-control God's way. Growth doesn't happen all at once—it takes patience and effort. The Bible encourages us to keep adding to our faith and growing in goodness and self-control.

Remember, it's okay if you still make mistakes. What matters is that you keep trying and trust God to help you. When you face challenges, keep leaning on Him and remember He is always good and faithful.

Celebrate your progress by thanking God for His help and asking Him to keep guiding you. Keep practicing self-control as a part of your daily walk with God.



Day 7: 🎉 Celebrating Growth in Self-Control

Reflect and Apply

1. What have you learned about self-control during this week?

2. How can you keep growing in self-control with God's help?

3. What promises from God encourage you to keep trying even when it's hard?



Day 7: 🎉 Celebrating Growth in Self-Control

Journaling Prompts

1. Write about one way you've grown in self-control this week.

2. List ways you want to keep improving and growing in faith.

3. Draw or write a thank-you note to God for His help and love.



Day 7: 🎉 Celebrating Growth in Self-Control

Prayer for Today

Dear God, thank You for helping me grow in self-control this week. I know I still have more to learn, but I trust You will guide me every step of the way. Please keep helping me to make wise choices and live for You. Thank You for Your love and promises that never fail. I want to keep growing closer to You each day. *Amen.* 🎉 🙏 ❤️ ✨





Where God's Word Meets Your Daily Life

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