

Growing in Self-Control: Children's Words and Actions



Explore how children can develop self-control in speech and behavior through God's Word, fostering a heart of wisdom and love.

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Introduction

Welcome to this 7-day Bible study focused on the beautiful and vital topic of self-control for children, particularly regarding their words and actions. Parenting and nurturing children comes with unique challenges — one of the greatest being how to guide them to manage their behavior and speech wisely. This study will help readers explore biblical principles that promote self-control as a fruit of the Spirit, encouraging children to honor God in how they express themselves and act toward others.

Self-control is more than simply restraining impulses. It's a reflection of a transformed heart, one guided by God's love and wisdom. Throughout this study, we'll journey through well-known and powerful Bible verses that illustrate what true self-control looks like, why it's important, and how God empowers us to live this way.

Children are wonderfully impressionable and capable of learning foundational habits that last a lifetime. By engaging with Scripture's teachings on gentle speech, patient actions, and wise decisions, parents and mentors can nurture hearts that reflect Jesus's love and character. Each day offers practical devotionals, reflection questions, journaling prompts, and prayers designed to equip adults and children alike.

As you commit to this week-long study, keep in mind that self-control is a process, not perfection. God's grace covers every stumble along the way as we continually invite Him to shape our hearts and words. Let this be a time of



growth, encouragement, and deepened faith as you embrace the journey of helping children flourish with self-control.





Day 1: The Power of Words



Day 1: 🗣️ The Power of Words

Your Verse

Proverbs 18:21 - "The tongue has the power of life and death, and those who love it will eat its fruit."

Supporting Scriptures

- *Ephesians 4:29 - "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up."*
- *James 3:5 - "...consider how great a forest is set on fire by a small spark."*



Devotional: Harnessing the Life-Giving Power of Words

Words carry tremendous power. For children, learning how to control what they say is crucial. Proverbs 18:21 reminds us that our speech can either build life or cause destruction. A child's tongue could either bring encouragement or hurt, peace or conflict.

This power means self-control over words isn't just about silence but about choosing life-giving, positive communication. It teaches children to think before they speak and ensures their words align with kindness and truth.

God calls us to speak things that uplift others, reflecting His love and grace. That's why Ephesians 4:29 tells us to avoid harmful talk and instead offer words that edify. In the hands of a child trained this way, the tongue becomes a powerful tool for good.

Remember how a tiny spark can set a forest ablaze? That's James 3:5 illustrating how one careless word can spread harm rapidly. Encouraging children to pause and choose words wisely can prevent many conflicts.

Today, pray for children to gain a heart-led awareness of the impact their words have and discover the joy of speaking life into their world.



Day 1: 🗣️ The Power of Words

Reflect and Apply

1. How can I encourage my child to think before speaking?

2. What examples of positive or negative speech do children observe around them?

3. How does understanding the power of words change how we communicate daily?



Day 1: 🗣️ The Power of Words

Journaling Prompts

1. Write about a time when words you said either caused harm or brought encouragement.

2. List three practical steps to help children pause before speaking.

3. Describe how I want my child's words to reflect God's love.



Day 1: 🗣️ The Power of Words

Prayer for Today

Lord, help us to recognize the incredible power of our words. Teach children to speak with kindness, and give them self-control to choose life-affirming words. May they be slow to speak and quick to listen, shining your light through their speech. *Protect their tongues from harmful words and cultivate hearts that build others up.* In Jesus' name, Amen. 📖 💬 ✨ 🙏





Day 2: 🖐️ Controlling Actions, Reflecting Christ



Day 2: 🖐 Controlling Actions, Reflecting Christ

Your Verse

Galatians 5:22-23 - "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control."

Supporting Scriptures

- *1 Corinthians 10:13 - "God is faithful; he will not let you be tempted beyond what you can bear."*
- *Psalms 34:13 - "Keep your tongue from evil and your lips from telling lies."*



Devotional: Choosing Actions that Reflect God's Love

Self-control in actions is a clear fruit of the Spirit. For children, mastering their behaviors often requires learning how to respond patiently and kindly, even when frustrated or excited. Galatians 5:22-23 shows that self-control is not a harsh restriction but a gentle, loving fruit that grows when we allow the Holy Spirit to guide us.

Children face many temptations — to throw tantrums, to interrupt, to act impulsively. But 1 Corinthians 10:13 reassures us that God is faithful and will provide strength to overcome these challenges with the right support and encouragement.

Self-control involves more than just stopping bad behavior; it means choosing good behavior because of love and respect for God and others. Psalm 34:13 complements this teaching with a focus on guarding both words and actions.

Let today be a reminder that cultivating self-control is about growing into the likeness of Christ—patient, gentle, and kind. This transformation is a beautiful journey for both children and adults as they learn to depend on God's power rather than their own willpower alone.



Reflect and Apply

1. What behaviors in children most need gentle correction with self-control?

2. How can adults model self-control in actions effectively?

3. In what ways does recognizing God's faithfulness help children resist temptation?



Journaling Prompts

1. Recall an instance when I showed self-control in a difficult moment.

2. Write down ways to teach children patience and kindness through actions.

3. Describe how I rely on God's strength to practice self-control daily.



Day 2: 🖐 Controlling Actions, Reflecting Christ

Prayer for Today

Dear God, thank you for your faithfulness in helping us exercise self-control. Please guide children to walk in patience, gentleness, and love. Strengthen their spirits so they can resist temptations and choose behavior that honors You and blesses others. Fill their hearts with Your joy and peace as they grow in Your likeness. Amen. 🌿 ❤️ 🙏 ✌️





Day 3: 🧠 Teaching Thoughtful Speech



Day 3: 🧠 Teaching Thoughtful Speech

Your Verse

Proverbs 15:1 - "A gentle answer turns away wrath, but a harsh word stirs up anger."

Supporting Scriptures

- *Colossians 4:6 - "Let your conversation be always full of grace, seasoned with salt."*
- *Psalms 19:14 - "May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord."*



Day 3: 🧠 Teaching Thoughtful Speech

Devotional: Cultivating Gentle and Graceful Speech

Teaching children to respond with gentle words instead of harsh ones is crucial for healthy relationships. Proverbs 15:1 highlights how a soft answer can defuse anger, while a harsh word can escalate conflict.

Children often mirror what they hear and see. By encouraging them to think before answering, and to respond with grace, we foster an environment where love thrives. Colossians 4:6 reminds us that our conversations should be gracious and impactful, seasoned with wisdom that enriches others.

Prayerfully encouraging children to let the words of their mouth and meditations of their heart be pleasing to God (Psalm 19:14) helps them develop a lifelong habit of aligning speech with godly character.

When children learn thoughtful speech, they become peacemakers, bringing harmony to their families, schools, and friendships.



Reflect and Apply

1. How can I personally model gentle answers in stressful situations?

2. What triggers harsh words for children, and how can those triggers be managed?

3. How does praying about speech affect the way children communicate?



Day 3: 🧠 Teaching Thoughtful Speech

Journaling Prompts

1. Describe a moment when gentle speech defused conflict.

2. List practical ways to teach kids to pause before replying.

3. Write a prayer asking God to help your words honor Him.



Day 3: 🧠 Teaching Thoughtful Speech

Prayer for Today

Lord, teach us to answer with gentleness and grace. Help children replace harsh words with kind speech that draws others closer. May their hearts meditate on what is pure and pleasing to You, turning every conversation into an opportunity to glorify Your name. Amen. 💬 🙏 🤝 📖



Day 4: Patience in Action



Your Verse

James 1:19 – "Everyone should be quick to listen, slow to speak and slow to become angry."

Supporting Scriptures

- *Ecclesiastes 7:8 – "The end of a matter is better than its beginning, and patience is better than pride."*
- *Proverbs 16:32 – "Better a patient person than a warrior, those with self-control than those who take a city."*



Devotional: Building Strength through Patience and Listening

Patience is a vital aspect of self-control children must learn. James 1:19 guides us to be quick listeners, slow to speak, and slow to anger, a practice that shapes character and relationships profoundly.

Patience allows children to pause and respond appropriately, which helps them avoid impulsive reactions that often lead to trouble. Ecclesiastes 7:8 reassures us that being patient is wiser and more rewarding than prideful haste.

Proverbs 16:32 lifts up patient people as stronger than warriors and conquerors, showing the immense value of self-control. Teaching children these truths helps them appreciate patience as strength rather than weakness.

Through daily challenges, encouraging patience equips children to navigate life with calmness and godly perspective.



Reflect and Apply

1. Where do children most struggle to be patient, and why?

2. How can we help children practice being slow to anger?

3. What lessons can we learn from biblical examples of patience?



Journaling Prompts

1. Reflect on a time when patience helped you avoid conflict.

2. Write ways to nurture listening skills in children.

3. Describe how patience reveals godly strength in your life.



Day 4: ⌚ Patience in Action

Prayer for Today

Father, grant children the patience to listen attentively and respond calmly. Help them grow in self-control, learning to be slow to anger and quick to understand. May patience become a source of strength and peace in their hearts. Guide us to model this virtue faithfully. Amen. ⌚ ❤️ 🙏 ❤️





Day 5: 💡 Wisdom Guides Words and Deeds



Your Verse

Proverbs 3:5-6 - "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

Supporting Scriptures

- *James 3:17 - "But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere."*
- *Psalms 119:105 - "Your word is a lamp to my feet and a light to my path."*



Day 5: 💡 Wisdom Guides Words and Deeds

Devotional: Seeking Godly Wisdom Every Day

Wisdom is essential for exercising self-control, especially in the words and actions of children. Proverbs 3:5–6 invites us to trust in the Lord rather than our limited understanding, submitting to His guidance to travel the right path.

Children, by God's grace, can learn to seek divine wisdom that shapes their speech and behavior. James 3:17 describes heavenly wisdom as pure, peace-loving, and full of mercy—qualities perfectly suited to self-control.

Psalm 119:105 reminds us that God's Word is a lamp and light, illuminating the path to wise choices. Encouraging children to depend on Scripture as their daily guide helps nurture discernment that governs both what they say and do.

Wisdom empowers children to respond appropriately in every situation and to grow into godly individuals with sound judgment.



Reflect and Apply

1. How can children be taught to rely on God's wisdom rather than their own?

2. What role does Scripture play in guiding self-control?

3. How can I encourage a heart submission to God's leading?



Journaling Prompts

1. Write about a time seeking God's wisdom helped your decisions.

2. List ways to incorporate Scripture into children's daily routines.

3. Describe personal struggles and how trusting God can bring clarity.



Day 5: 💡 Wisdom Guides Words and Deeds

Prayer for Today

Lord, help children seek Your wisdom above all else. Teach them to trust Your Word and submit their ways to You. May Your guidance be their steady light, leading them toward self-controlled words and actions filled with mercy and love. Amen. 📖💡🙏🌟





Day 6: 🤝 Forgiveness and Restoration



Day 6: 🧡 Forgiveness and Restoration

Your Verse

Colossians 3:13 - "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."

Supporting Scriptures

- *Ephesians 4:32 - "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."*
- *Matthew 6:14 - "For if you forgive other people when they sin against you, your heavenly Father will also forgive you."*



Day 6: 🧡 Forgiveness and Restoration

Devotional: Embracing Forgiveness to Heal and Grow

Self-control sometimes falters, but God's grace is always ready to restore.

When children make mistakes with their words or actions, teaching forgiveness is critical to healing relationships.

Colossians 3:13 calls us to patiently bear with one another and forgive as God forgives us. Learning to forgive helps children reflect Christ's heart and break cycles of hurt and anger.

Ephesians 4:32 encourages kindness and compassion along with forgiveness —key attitudes for sustained self-control. Jesus also teaches in Matthew 6:14 that forgiveness is vital for receiving God's forgiveness, highlighting its spiritual importance.

This lesson reminds us that self-control is a journey of growth marked by grace, forgiveness, and continuous restoration through God's love.



Reflect and Apply

1. How do unforgiveness and bitterness affect self-control?

2. What examples of forgiveness can guide children's behavior?

3. How can we model forgiveness daily in family life?



Day 6: 🧡 Forgiveness and Restoration

Journaling Prompts

1. Recall a moment of forgiveness that restored a relationship.

2. Write ways to teach children to ask for and offer forgiveness.

3. Describe feelings and relief experienced through forgiving others.



Day 6: 🧡 Forgiveness and Restoration

Prayer for Today

Father, teach our hearts to forgive as You forgive us. Help children understand the power of forgiveness in healing and restoring relationships. Fill us with kindness and compassion, that we may walk in Your grace each day. Thank You for Your endless mercy. Amen. 💖 🙏 🕊️ 🤝





Day 7: 🌱 Growing Daily in Self-Control



Day 7: 🌱 Growing Daily in Self-Control

Your Verse

2 Timothy 1:7 - "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

Supporting Scriptures

- *Philippians 4:13 - "I can do all this through him who gives me strength."*
- *Romans 12:2 - "Be transformed by the renewing of your mind."*



Day 7: 🌱 Growing Daily in Self-Control

Devotional: Empowered by the Spirit to Practice Self-Control

Developing self-control in children is a process empowered by God's Spirit. 2 Timothy 1:7 tells us that God has given us a Spirit filled with power, love, and self-discipline—not fear.

Children learning self-control must be reminded that this strength comes from God, not from their own efforts alone. Philippians 4:13 confirms, "I can do all this through him who gives me strength," encouraging reliance on Christ.

Romans 12:2 encourages daily renewal of the mind, a vital part of growing in godly self-control through constant transformation. Each day offers new opportunities for children to practice patience, choose kind words, and act in love.

This final day calls us to persevere, trusting that God's power within us leads to lasting growth and a life that honors Him.



Reflect and Apply

1. How can children learn to rely on the Holy Spirit for self-control?

2. What daily habits support continual growth in patience and kindness?

3. How does renewing the mind impact behavior and speech?



Day 7: 🌱 Growing Daily in Self-Control

Journaling Prompts

1. Write about how God's power has helped you or your child display self-control.

2. List habits or routines that encourage spiritual growth and discipline.

3. Describe your hopes for children growing in self-control through God.



Day 7: 🌱 Growing Daily in Self-Control

Prayer for Today

Lord, empower children with Your Spirit to live with strength, love, and self-discipline. Help them remember that through You, they can control their words and actions in ways that glorify You. Renew their hearts and minds daily so they can grow into the people You created them to be. We trust in Your power and grace to guide them every step. Amen. 💪🙌❤️🙏





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