

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Journaling lines for the 'WHY is it hard to stop?' prompt.



Day 1

After watching, write one thing that:

Visit the Parent Cue app (available for iOS and Android) to watch this week's Bible story.

Download it for free at parentcue.org/app.

Even if you already saw it at church, feel free to check it out again!

Journaling prompts: 1. You liked: 2. You learned: 3. You'd like to know:

Day 2

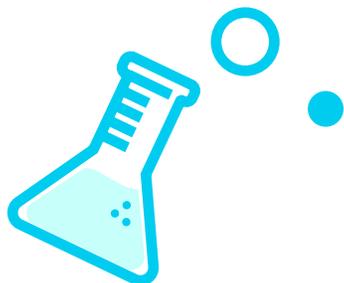
Read Proverbs 25:16

Most people these days probably don't love honey enough to eat so much that they throw up. But the example Solomon, the writer of Proverbs, gives can easily be translated to our own personal struggles with self-control.

Rewrite the passage a few times to personalize it for yourself.

- If you find _____ just enough.
If you _____ too much of it, you will _____.
- If you find _____ just enough.
If you _____ too much of it, you will _____.
- If you find _____ just enough.
If you _____ too much of it, you will _____.

Then circle the one that you know you most need to work on when it comes to self-control and find somewhere helpful to write out your personalized version of Proverbs 25:16.



Day 3

Look back on yesterday's activity— which personalized version did you circle?

Take some time to fill in the blanks of the prayer below, and then pray it out loud, asking God for help to **know when to stop**.

Dear God, thank You for helping me to have self-control. As You know, I struggle the most when it comes to _____, I know that if I _____ too much, _____.

Please help me to **know when to stop** and to have self-control so that I can enjoy _____ without _____.

In Jesus' Name, I pray. **Amen.**

Day 4

Find a couple of adults or even just older kids who follow God and ask them this question: Why is it hard to stop?

Ask them to share a story—what was hard to stop, why it was hard to stop, how they managed to stop, and how they felt after they stopped.

Share with them a situation where you need to practice self-control and ask their advice on how to know when to stop. Ask them to pray with you and to check back in later to see how your self-control is shaping up!



Day 5

It's time for another family game!

Gather up everyone in the house for a game of freeze dance!

Take turns being the deejay and choosing the song for dancing. If you're the deejay, start and stop the song repeatedly. Everyone who is dancing must dance when the music is playing and immediately stop when the music stops.

After everyone who wants to be deejay has had a chance, take a dance from dancing. Dancing is hard work! Talk about why it was hard to stop dancing sometimes. Share with each other something that you struggle with **knowing when to stop**.

(Dancing not your family's thing? You can also play the game Red Light, Green Light, where the leader calls out "red" or "green" and everyone has to either move (green) or stop (red) immediately as the leader makes the calls.)