

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



Series of horizontal dotted lines for journaling.



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!

1. You liked:

2. You learned:

3. You'd like to know:

Day 2

Read 1 Samuel 24:1-10

Which of these are reasons that David could have acted quickly to kill Saul?

- A. He believed God intended for him to be king
- B. Saul was so close—right there in the cave, unprotected
- C. David’s men were Team Attack—they were pressuring him to kill Saul
- D. Saul was trying to kill David

It’s actually a trick question—they’re all pretty good reasons David could have used as an excuse to attack the king in that moment. So why didn’t he?

David believed that Saul had been chosen by God to be king in that season. He didn’t believe it was his duty to rush God’s plan, but instead, he should wait for God’s timing. There in that dark cave, David took time to think before he acted, and as a result, no one was hurt that day.



Day 3

Self-control is a tricky word because those of us who follow Jesus know that it’s not REALLY “self” control.

While it is possible to control yourself, it’s way easier and more successful to rely on God to help you with **choosing to do what’s best even when you don’t want to.**

In fact, when you put your trust in Jesus, you receive the gift of the Holy Spirit. The Holy Spirit is your helper—leading you to make wise choices and follow closely after God. How awesome is it that God doesn’t expect us to do it on our own but gives us what we need to have self-control?! Pray the prayer below, thanking God for help in having self-control.

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**Dear God,** thank You for sending Jesus to be our Savior, and for leaving us with the Holy Spirit to be our Helper! I’m so thankful I don’t have to control myself on my own, but I have Your strength, power, and Spirit to help me. I want to practice self-control so that I can make wise choices and treat others the way I want to be treated, so thank You for being a God I can trust no matter what. I trust You to help me choose to do what’s best even when I don’t want to. In Jesus’ Name, I pray.  
**Amen.**

## Day 4

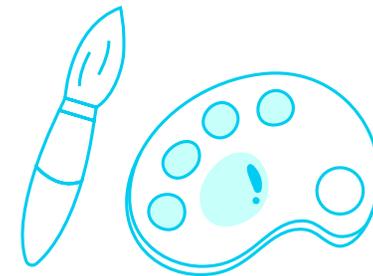
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### Find a friend who also follows God.

Take a few minutes to talk through the following scenarios. How can you **think before you act** in each of these cases so that you’re sure to choose what’s best?

- You overhear a couple of people talking bad about you.
- Your little brother spills juice all over your homework.
- Your sister is being so annoying, making fun of you.
- Your parent wrongly assumes you were the one who did something bad.

What are some intentional ways you can stop and think before you act in each case? Take some time to share with each other your answer to this question: **When have you had self-control?**



## Day 5

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### Recruit everyone in your household to play a game of Simon Says.

You can also ask some neighbors or friends to join you—the more, the merrier.

Need a refresher on how to play? Have someone stand at the front of the group and call out commands for everyone else to follow. But everyone should **ONLY** follow the commands when the leader begins the sentence with “Simon says. . .” The leader can make things really tricky by giving out commands faster and faster, and then suddenly providing a command without saying “Simon says. . .”

Take turns so everyone who wants to play the leader gets a chance.

When you’ve played as long as everyone wants, take a breather and process how the game went for everyone. Share with them what you’ve learned this week about thinking before you act and discuss how this game is a good example of self-control. Then ask everyone to share one area in which they can practice thinking before they act this week.