

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



Journaling lines for the 'How do you know when to stop?' prompt.



Day 1

After watching, write one thing that:

Go to bit.ly/SundaysAtHomePreteen and watch this week's episode of The So & So Show.

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 Proverbs 25:16

Proverbs 25:16 might just about be one of the funniest verses in the Bible. But it's also very true and helpful!

Honey may not be something you're tempted to eat too much of, but there probably are things you tend to eat too much of, or things you spend too much time on.

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Try filling in the blanks to make your

own version of this wisdom from Solomon.

If you find .....,

..... just enough.

If you ..... too

much of it, you will.....



## Day 3

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**Take a look back at the words you filled the blanks with yesterday.**

Whether it's a food or an activity that you struggle to stop, sometimes it's hard to know just how much is too much. But just with all areas of self-control, God wants to help you!

Go on a prayer walk to the area of the house that represents the area of greatest struggle for you when it comes to self-control. If it's video games, go sit by the console. If it's pizza, go sit in the kitchen. If it's your phone or tablet, set it nearby (but no touching!). Then pray this prayer out loud (or in your head, if people are around), and ask God to help you have self-control to **know when to stop**.

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Dear God, You know that I struggle with stopping

Even now as I look at it, it seems hard to imagine having self-control. But

I know that You are more powerful than anything, so You can give me the wisdom to know when to stop, and the strength to follow through. Please help me to choose to do what I should even when I don't want to. In Jesus' Name, I pray, amen.

Day 4

If there is something you struggle with stopping, chances are good there is someone else in your life who has the same or a similar struggle.

It might be your best friend who is obsessed with same YouTube Channel as you, or your sister who loves soda as much as you do. This means they've also probably experienced that upset stomach, lack of sleep, or other natural consequence that comes from doing/eating too much. Reach out and ask them about being accountability partners to work on self-control when it comes to that thing. Maybe you can agree on a certain amount of time that you will watch YouTube, or to limit your soda to a certain amount. Each of you can fill out the contract below and commit to choosing to stop before you pay the price!

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**Your name:** .....  
Thing I struggle to control:

When should I stop?.....

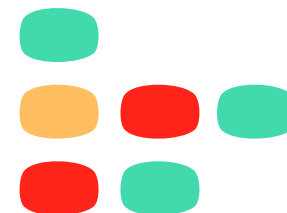
Signed: .....

**Friends name:** .....  
Thing I struggle to control:

When should I stop?.....

Signed: .....

**When we will check in w/each other:**  
.....



## Day 5

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**How do you know when to stop?**

Grab a sheet of paper and a pencil. Close your eyes, and without touching the paper, quickly try to draw a line across the paper getting as close as possible to the edge, but not going over. Keep trying, experimenting with different speeds. Do you get any better with practice?

Now, ask a friend to help you. Close your eyes again and have them tell you when to stop. You can probably get really close to the edge without going over when you have someone else's help, right?

This week you've taken time to figure out what areas you need God's help for more self-control. But **how do you know when to stop?** Sometimes we have blind spots when it comes to our self-control. But the more that we practice giving ourselves limits, asking others for accountability, and most importantly, asking God for help, the better we will get at knowing when we should stop.