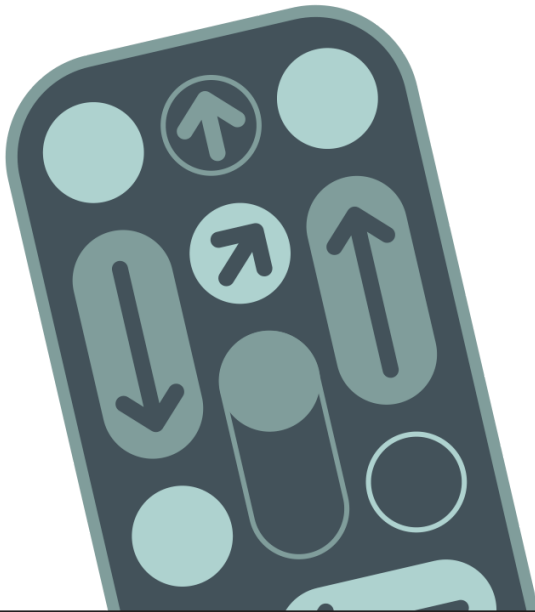


# Remote Control: The choice is yours

Self-control is choosing to do what you should even when you don't want to.



## MEMORY VERSE

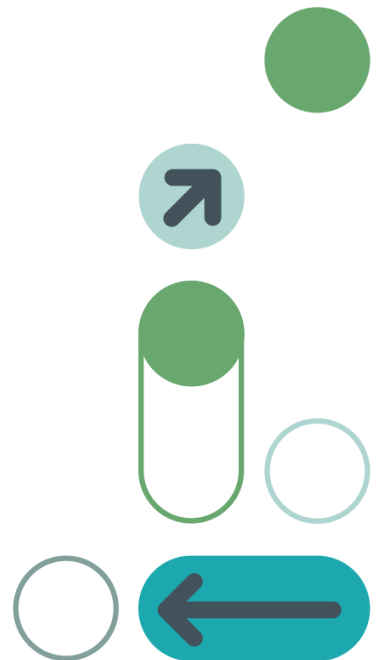
“God’s power has given us everything we need to lead a godly life.”  
2 Peter 1:3a, NIV

## Bible Story

### David Spares Saul’s Life

1 Samuel 24

Don’t be controlled by your anger.



Weekly Cues



# Elementary

ENGAGE IN EVERYDAY MOMENTS TOGETHER



## Morning Time

Start your kid's day off with encouragement by telling them: "I really enjoy spending time with you."



## Meal Time

At a meal this week, ask each other: "What is something that gets you angry?"



## Drive Time

While on the go, be aware of how the challenges of commuting can bring out the worst in all of us. How has your kid seen you get angry? Use these as teachable moments to help your kid process anger.



## Bed Time

Pray for each other: "God, we will get angry. It happens. Help us to handle that anger in a way that honors You."



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