



SELF-CONTROL

Choosing to do what you should do instead of what you want to do.

WEEK FIVE

MEMORY VERSE

"My dear brothers and sisters, pay attention to what I say. Everyone should be quick to listen. But they should be slow to speak. They should be slow to get angry." James 1:19, NIV

BIBLE STORY

What You Think About (Philippians 4:8)

BOTTOM LINE

Use the Bible to guide your thoughts.

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MEAL TIME

Ask a kid: What are some things that you should think about? (See Philippians 4:8 for hints.)

Ask a parent: How have you learned to guide your thoughts?



PARENT TIME

To hear more about how you can celebrate your kid's growth and imagine the end, check out this month's Parent Link Live podcast on www.OrangeParents.org.

And for more mealtime questions, and great activities that you and your child can do at other times of your week, check out www.Studio252.tv and the Parent Cue app for your smartphone.

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