

# Refrigerator Door

Some important things to keep in front of your family this week

We are learning about  
**SELF-CONTROL**  
this month

**BOTTOM LINE**  
For Week 2

Just a few words  
can make a big  
difference.

**Memory Verse**  
"Like a city whose  
walls are broken  
down is a man who  
lacks self-control."  
Proverbs 25:28, NIV

## TALK ABOUT IT

Talk about these questions  
as a family on your way  
home or during a meal.

### Kid's Question

Why do you think it's  
so hard to "control  
your tongue"?

### Parent's Question

Have you ever said  
something unkind and  
regretted it later?  
What happened?

**SELF-CONTROL**  
IS  
choosing to do  
what you should  
do, not what you  
want to do

**Today's Bible Story**  
Taming the tongue  
James 3:1-12

For a great song about  
self-control, check out the  
CD Between You & Me,  
available in the online store  
at [www.reThinkGroup.org](http://www.reThinkGroup.org).

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