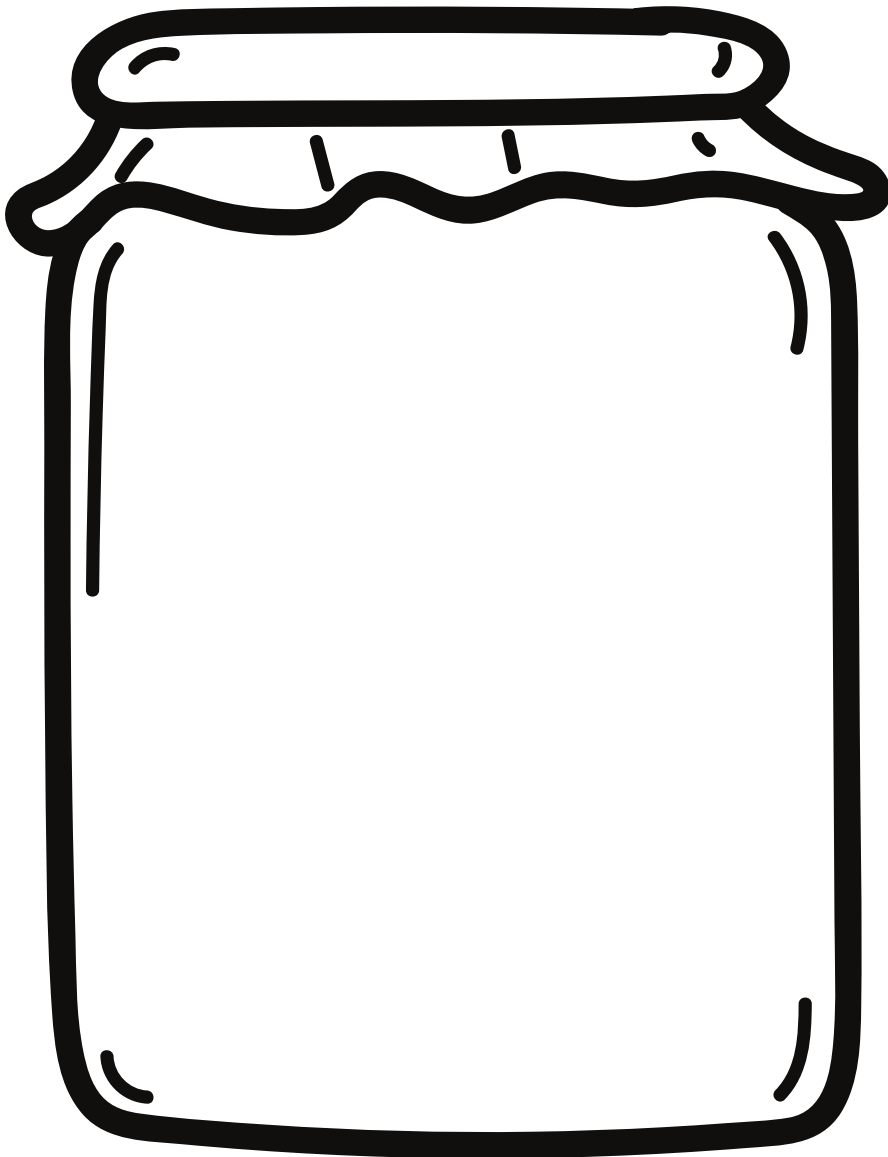


THE FRUIT CHALLENGE

SAY 'NO, STOP & LISTEN'

1 PETER 1:13 SAYS "SO, PREPARE YOUR MINDS FOR SERVICE AND HAVE SELF-CONTROL. ALL YOUR HOPE SHOULD BE FOR THE GIFT OF GRACE THAT WILL BE YOURS WHEN JESUS CHRIST COMES AGAIN." IT IS BY THE MIGHTY STRENGTH OF THE HOLY SPIRIT THAT WE CAN SAY "NO, STOP AND LISTEN!"



DRAW/WRITE IN THE JAR WHAT YOU NEED SELF-CONTROL FOR. THEN PRAY WITH AN ADULT AND ASK GOD TO HELP YOU LIVE BY THE SPIRIT. WHEN YOU HAVE SELF-CONTROL OVER IT, ERASE/PUT A CROSS ON IT!

KEEP THIS ON YOUR WALL TO REMIND YOURSELF THAT YOU CAN OVERCOME ANYTHING WITH THE HELP OF THE HOLY SPIRIT!

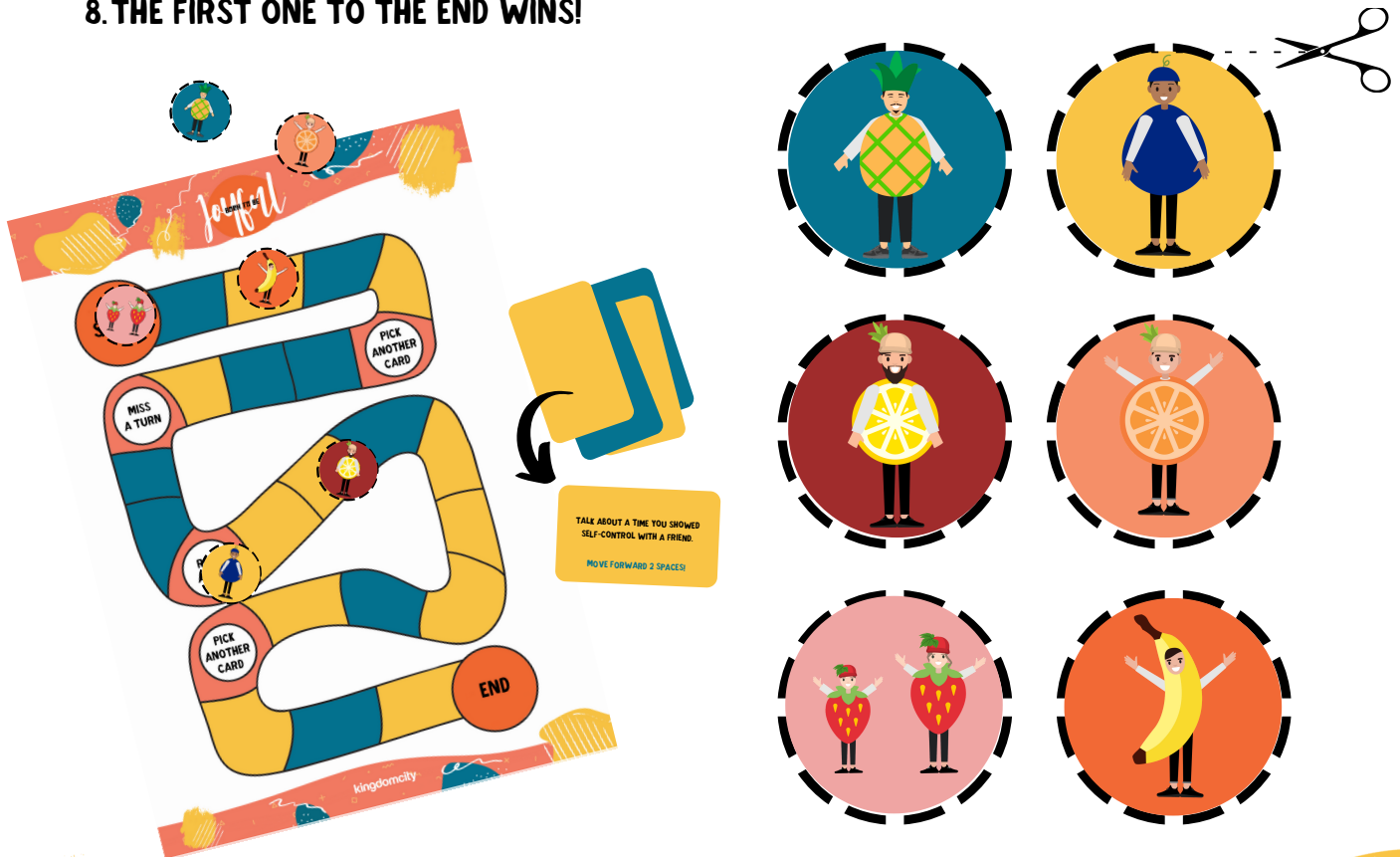
DID YOU KNOW?
WHEN WE LIVE BY THE HOLY SPIRIT, WE ARE ABLE TO HAVE SELF-CONTROL!
IT DOESN'T JUST BENEFIT US BUT HELPS OTHERS AS WELL!

SELF-CONTROL BOARD GAME

WHEN WE LIVE BY THE HOLY SPIRIT, WE ARE ABLE TO HAVE SELF-CONTROL. IT HELPS US BE A BETTER PERSON AND IT ALSO BENEFITS THOSE AROUND US. MAKE YOUR VERY OWN SELF-CONTROL BOARD GAME. HAVE A GO AT IT WITH YOUR FAMILY AND FRIENDS.

STEPS:

1. CUT OUT THE CARDS AND COUNTERS.
2. SHUFFLE THE CARDS AND PLACE THEM BESIDE THE GAME TRACK.
3. PLAY A GAME OF ROCK PAPER SCISSOR TO SEE WHO STARTS FIRST.
4. THE FIRST PERSON TAKES THE TOP CARD FROM THE DECK.
5. ANSWER THE QUESTION THEN MOVE ACCORDINGLY BASED ON THE CARD YOU GET. IF YOU ARE NOT ABLE TO ANSWER THE QUESTION, YOU REMAIN IN THE SAME SPOT.
6. IF YOU REACH A SPOT THAT SAYS 'PICK ANOTHER CARD', YOU GET TO PICK ANOTHER CARD.
7. IF YOU REACH A SPOT THAT SAYS 'MISS A TURN', YOU MISS A TURN THE NEXT ROUND.
8. ONCE YOU'RE DONE, PLACE YOUR CARD AT THE BOTTOM OF THE DECK.
9. THE FIRST ONE TO THE END WINS!



**YOUR FRIEND BEAT YOU AT A GAME,
YOU GOT ANGRY AND BROKE HIS
CONTROLLER.**

**NAME A SELF-CONTROL SKILL THAT
YOU COULD HAVE USED INSTEAD.
THEN MOVE 4 SPACES BACK.**

**TALK ABOUT A TIME YOU SHOWED
SELF-CONTROL WITH A FRIEND.**

MOVE FORWARD 2 SPACES!

**WHEN YOUR PARENTS TOLD YOU TO
WAIT UNTIL AFTER DINNER TO EAT A
TREAT BUT YOU DIDN'T.**

**NAME A SELF-CONTROL SKILL THAT
YOU COULD HAVE USED INSTEAD.
THEN MOVE 2 SPACES BACK.**

**SHARE A TIME WHEN YOU FELT
FRUSTRATED AT SCHOOL.
WHAT DID YOU DO?**

MOVE FORWARD 3 SPACES!

**YOU HIT YOUR BROTHER/SISTER
BECAUSE HE/SHE BROKE
YOUR FAVOURITE TOY BY ACCIDENT.**

**NAME A SELF-CONTROL SKILL THAT
YOU COULD HAVE USED INSTEAD.
THEN MOVE 3 SPACES BACK.**

**NAME A TIME WHEN IT WOULD
BE IMPORTANT TO PRACTICE
SELF-CONTROL.**

MOVE FORWARD 3 SPACES!

**YOUR FRIEND MADE YOU ANGRY.
YOU SHOUTED NASTY THINGS BACK.**

**NAME A SELF-CONTROL SKILL THAT
YOU COULD HAVE USED INSTEAD.
THEN MOVE 4 SPACES BACK.**

**WHAT DOES 1 PETER 1:13 SAY ABOUT
SELF-CONTROL? RECITE IT!**

MOVE FORWARD 5 SPACES!

**YOU LIE ABOUT HAVING DONE YOUR
HOMEWORK.**

**NAME A SELF-CONTROL SKILL THAT
YOU COULD HAVE USED INSTEAD.
THEN MOVE 5 SPACES BACK.**

**WILL HAVING BETTER SELF-CONTROL AT
SCHOOL/HOME HELP YOU? SHARE WHY.**

MOVE FORWARD 4 SPACES!

