

WEEK FOUR

WALT

READ Proverbs 14:29

DAY 1

Pick out two of your favorite stuffed animals and ask a parent for a small paper bag (like a lunch bag) and some clear tape. Put the paper bag over the head of one animal and a piece of tape over the other one's mouth. Which one do you think looks sillier?

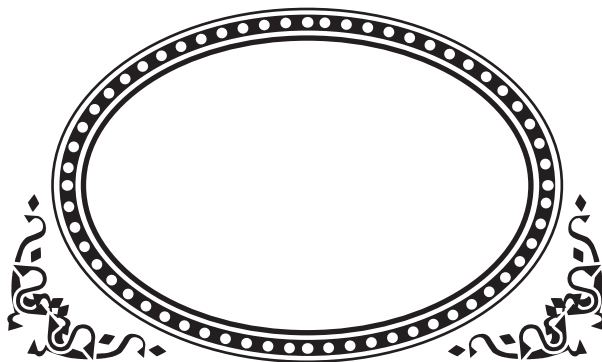
Have you ever gotten mad at someone and then realized you were wrong, that you had misunderstood the situation? It's embarrassing, and it usually only happens when you let your temper get the best of you. It's like putting a paper bag over your head—you look ridiculous and you can't see what's right in front of you. So the next time you're feeling impatient with someone, imagine you have a clear piece of tape over your mouth, causing you to think twice before you say something you might regret later on.

THANK God that He gives you the ability to keep your cool and not look like a fool.

READ James 1:19-20

DAY 2

Draw a picture of yourself below. Then circle your ears and put a square around your mouth. How many ears do you have? _____ And how many mouths? _____



There's an old saying that you have two ears and one mouth because God intends for you to listen twice as much as you speak. While that may not be the reason God made you the way He did, it is a good thing to remember that being slow to speak is usually a wise and good choice!

ASK God to help you be slow to get angry and quick to listen.

WEEK FOUR

WALK

READ Ephesians 4:2

DAY 3

It's one thing to say you should be patient when someone is making you angry, but how can you keep your cool in the heat of the moment? Find the words below that are helpful tricks to help you keep your patience.

D P G C C E F J J D C W
Q L O O S F K C F E Q O
A E O U C Y R U A E O Q
E H U N Y U L B R P G N
R R T T B A A G R B E L
P O S T Y O R F S R X E
M F I O G E U P B E A A
Y K D T K M P D W A L V
Q S E E S G U A X T E E
E A K N K L A U G H R Z

Count to ten
Leave
Pray
Deep breath
Ask for help
Laugh
Relax
Go outside

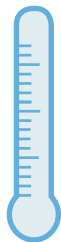
LOOK for ways to keep your cool when you feel yourself getting worked up.

READ 1 Thessalonians 5:14

DAY 4

Think of the person in your life who tries your patience the most—maybe a younger sibling or someone in your class or on your team. What does that person do that makes you lose your cool? Why do you think it bothers you so much? On the first thermometer below, use a marker to indicate how "hot" you feel when you're quickly losing patience with that person. Then on the second thermometer, color in with a marker to the point where you'd like to stay when that person starts getting under your skin.

how "hot" you
feel when you're
quickly losing
patience



the point
where you'd
like to stay



The next time you feel your temperature rising, remember the thermometer and how you want to keep your cool with that person, then pray and ask God for strength to do so. Remember that He wants to be patient with everyone!

KNOW that God can give you the strength you need to keep your cool.