FAMILY DISCUSSION GUIDE



a lesson in SELF-CONTROL

READY...





Daniel and his friends were from Judah—so why were they living far away in Babylon? Read Daniel 1:1-6

If you're away from home and someone tells you to do something wrong, is it hard to say no? What should you do?

Read Psalm 119:11

How did Daniel and his three friends show self-control?

Read Daniel 1:8-14

At the end of 10 days, who looked healthier? Read Daniel 1:15-16

How were they rewarded? Read Daniel 1:18-19

GizmoGO! Challenge

Act out times you may be tempted to do wrong, then show how to choose the right actions.



PRAY

Heavenly Father, help us to hear Your voice speaking in our hearts so we can obey You. We pray in Jesus' name. Amen.

SET...

Self-Control

What types of advice did the two tiny Widgets give?

Read Proverbs 12:24

Gizmo got frustrated with Gears and hurt his feelings. What should we do before we get angry or say something mean?

Read Psalm 141:3

Who will always give us the power to choose to do the right thing?

Read 2 Timothy 1:7

Jesus is our perfect example of self-control. When the devil tempted Him to prove He is God's Son, how did Jesus answer?

Read Matthew 4:3-4

GizmoGO! Challenge

Read and memorize our Verse to GO! Proverbs 16:32

PRAY

Lord Jesus, fill us with the power of Your Holy Spirit so we can resist temptation and do what is right. In Your name we pray. Amen.



Sing along with Miss Tina and her robot friends

"Self-Control"

Great many years ago, stormed by Babylon,
The people of the Lord were pushed out like vagabonds
Out from their very home, as the story goes,
Taken to a land that would rather worship gold.

CHORUS Self-control, self-control,

Mind your head, your heart, your hands, self-control.

Some of the Israelites were called to serve the king.

Shadrach, Meshach, Abednego, and Daniel did they bring.

From the royal table there came a mighty feast,

But that was food that God opposed

So they chose not to eat. CHORUS

To the chief official came Daniel's request,
Vegetables and water for 10 days for Israel's best.
Let the other servants of the king eat hearty food
And in 10 days let's see which brood is weak
From what they've chewed. CHORUS

Standing for the king to see were Daniel and his kin,
Ten times stronger than the rest and not too sick or thin,
Saved from harm in many ways,
Starvation, lions, furnace flames,
All because they practiced praising God
With self-control. CHORUS