Week Eight: Self-Control

Theme Verse
John 8:1-11

Challenge
Promise Keeper

Step One: Place remotes, tablets, gaming devices, and phones in a designated box.

Step Two: Schedule one full hour of uninterrupted family time. (Play games, take a walk, have meaningful conversation)

Step Three: No one may retrieve devices until the hour is complete.

Step Four: Consider extending the challenge to multiple days.

Family Discussion

1. What was hardest about giving up screens?
2. What did you enjoy about being together?
3. How does self-control help us follow Jesus?

Weekly Checklist

- [ ] Watch the video and discuss in the following format:
  Upward: what does this text tell us about God? **Inward:** what does this text tell us about us?
  Outward: how can I apply this text to impact others?

- [ ] At least **one hour** of quality family time. (no phones, screens, earbuds etc.)

Daily Verses

Monday	Tuesday	Wednesday	Thursday	Friday
Ephesians 4:32	Colossians 3:12	Romans 2:4	1 John 3:16-17	Titus 3:4-5

Daily Checklist

Monday
- [ ] Pray together.
- [ ] Discuss the verse of the day.

Tuesday
- [ ] Pray together.
- [ ] Discuss the verse of the day.

Wednesday
- [ ] Pray together.
- [ ] Discuss the verse of the day.

Thursday
- [ ] Pray together.
- [ ] Discuss the verse of the day.

Friday
- [ ] Pray together.
- [ ] Discuss the verse of the day.