

A note about

GodTime

There are 2 GodTime cards for you to choose from ...

A color version

(on the following pages)

And a black & white version

(in a separate PDF file on the Web site)

To prepare, copy the following pages on white cardstock, front to back.
Cut apart lengthwise and fold in half.

ENJOY!

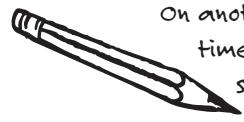
GODTime

Day 4

Read Psalm 17:4

Week | 01

Order what you want when it comes to lunch, but when it comes to self-control think SPUD. Why? To have SELF-CONTROL you need to PAUSE and think about your options. Then you need to UNDERSTAND the end result of each option and whom it will impact. Once you do that, you can DECIDE what to do, making your decision based on obeying your loving Heavenly Father. When you do that, nobody gets hurt.



On another piece of paper, draw a cartoon of a time you lost control. Then re-draw the same situation if you'd used the acronym SPUD before reacting.

KNOW that a self-controlled life is the best life.

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GODTime

Day 1

Read Proverbs 25:28

Week | 01

Self-control is all about wisely choosing "should" over "want." In a word, self-control is HARD. And just like any other "hard" thing—like throwing a perfectly spiraling football or playing an instrument flawlessly—it takes time, practice, and effort to do it well. That's where the acronym SPUD comes in, with the "S" standing for SELF-CONTROL. God wants us to be able to control ourselves. **If we don't, somebody's going to get hurt.**

Find and circle the following words related to self-control: **COST, HURT, PAIN, PUSH, SIN, SPUD, TEARS, TEMPER, YELL.**

DCTSO CY
UREP MET
PYAOLNR
SIRLP IU
NESPUSH

THANK God for His Word—
our one-stop self-control resource.

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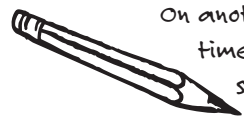
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GODTime

Day 2

Read Genesis 4:7

Week | 01

A life without self-control—where “want” overrules “should”—is a hot potato you want to avoid! So how do you get control of self and avoid the sin that wants to dice, mash, and French-fry the abundant life God desires for you? Remember the acronym SPUD, with “P” reminding you to PAUSE to think about your options before you act, so nobody gets hurt. It’s always the wise choice.

Unscramble these words to discover what you should do when you hit your PAUSE button:

AYRP _____ lots and lots!
KAS _____ others for advice.
KOLO _____ to God’s Word for answers.
KHTNI _____ about how you’d want to be treated.

252 BASICS® ASK for God’s help each time you pause for control.

Answers: pray, ask, look, think

GODTime

Day 3

Read Proverbs 10:23

Week | 01

Think of someone you know who doesn’t have self-control. Is that person highly thought of? Not hardly. No one wants to be a fool, so it pays to remember SPUD. After PAUSING to think about our options before we act, the “U” reminds us to UNDERSTAND the end result of each option and who it will impact. If you stop to gain understanding and delight in wisdom, God’s sure to take delight in you!



Using the concordance at the back of a Bible, look up “**self-control**” and find **5 verses** about it. Memorize your favorite and recite it for your family tonight at dinner.

252 BASICS® LISTEN as God speaks to you through His Word.

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