

# Remote Control: The choice is yours



First, watch  
this week's  
video!

Self-control:  
Choosing to  
do what you  
should even  
when you  
don't want to

### Memory Verse

"God's power has  
given us everything  
we need to lead a  
godly life."

2 Peter 1:3a, NIV

### Bible Story

Jesus Is Tempted  
in the Desert  
Luke 4:1-13  
(Supporting:  
Matthew 4:1-11)

### Key Question

When is it hard to  
do the right thing?

Use this guide to help your family learn how  
God wants us to live with self-control.

## Activity

### Remote Self-Control

#### What You Need:

Scissors, printer OR paper and pencil,  
bowl or jar, timer

#### What You Do:

Six index cards, pen or pencil (bonus if  
you have an actual old-school remote  
control!).

Card 1: **Press play.** Make the right choice  
when I see something I can help with.

Card 2: **Press pause.** Think about my  
actions before doing them.

Card 3: **Think fast-forward.** Prepare  
myself by reading the Bible and  
spending some time with God.

Card 4: **Rewind to the Bible.** Play back all  
the times God has shown love for people.

Card 5: **Power up.** Remind myself that  
God's Holy Spirit is working within me.

Card 6: **Turn the volume down** on what  
others tempt me to do. Turn the volume  
up on what God says is the right choice.

Say, "We're going to use the symbols  
on a remote control to help us with our  
self-control."

Ask your child to read the phrase on the  
first card, while you read the rest of the  
text above to help explain it. Then have  
your child flip the card over and draw the  
corresponding remote-control symbol.  
(Feel free to consult an actual remote or  
Google!) Go through the rest of the cards  
in the same way. While your child is  
drawing each symbol, ask, "When would  
you use this self-control technique?"

## Talk About the Bible Story

In our story, how was Jesus ready to do the right  
thing? (*Jesus knew Scripture. He was familiar with  
God's character and knew what God would want  
him to do.*)

Do you think it was easier or harder for Jesus to  
resist temptation than it is for us? Explain.

When is it hard to do the right thing? Explain.

How do you know when you're being tempted?

How can you tell when you've made a wise choice?

*Parent: Make it personal by sharing a time in your  
life when you were tempted to lose control and do  
the wrong thing. How were you prepared to do the  
right thing?*

## Prayer

Use this prayer as a guide, either after talking about  
the Bible story or sometime before bed tonight:

"Dear God, thank You for giving us all we need to  
live in a way that pleases You. Your power comes  
as we know and follow You. Remind us to hit PAUSE  
and call on You for help to do what's right this week.  
When it's hard for us to have self-control, remind  
us that Jesus faced temptations just like us. Your  
power that helped Him will help us, too. Amen."