

Choosing Well

For this activity, you will need:

- Just a pen and a piece of paper

Make a list of some of your biggest temptations, or the things you find hard to stop eating or doing:

Think of fun ways to help you resist the temptation and be self-controlled.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

Remember to take the verses you decorated on day 2 and read one of them...

Ask God to help you make a good plan and ask Him to help you every time you are tempted.