

# GAME ON

Week 5

## Changing the Way You Play

Read This First

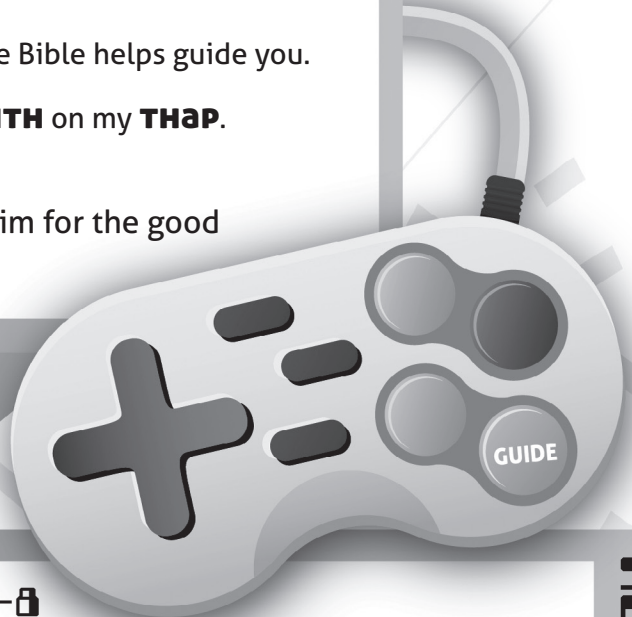
### Read Philippians 4:8

No one says, "Think about a dark, scary place" to help you feel calm and relaxed! What you think about really does lead to how you feel, speak, and act! God wants you to speak truth in love, to feel valuable and treasured (because you are), to act respectfully and do what's right. So it all starts with what you think about. Try filling your brain with God's Word and the good things that are all around you and see what happens!

Unscramble the bold words to see how the Bible helps guide you.

"Your word is a **PALM** for my **TEFE**, a **GLITH** on my **THAP**.  
(Psalm 119:105, NIV)

**Thank** God for His Word and praise Him for the good things in your life.



### Read Psalm 19:7-8

Why do we make foolish choices? It can be so tempting in the moment. But really we want to stay strong and use self-control so we can be wise and do what's right. It's amazing how clear and easy to understand the Proverbs and the Psalms are to people of all ages in all places, even hundred of years after they were written down. See what you can read this week that your parents haven't heard before!

Find a Proverb or Psalm—a wise saying that we haven't talked about this month that stands out to you—and write it here. What's interesting or surprising about it? What does it mean or say to you right now?

**Ask** God to help you make wise choices so your life glows!

Read This Next: Day 1

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Day 2

## Read Psalm 19:14

Did what you say yesterday please God? Like when you yelled at your brother, said the bad or mean word under your breath or made fun of someone else to get a laugh? Every word you speak starts with thoughts and feelings. God wants to help you get rid of any angry or unkind thoughts and feelings so that your words will please Him and show who He is to others listening and watching.

Pour lemon juice in glass of water. Take a sip (yuck!) Now stir in some sugar and take a sip (yum). Just like sugar sweetens sour lemons, God's Word can sweeten our thoughts and feelings.

**Pray** that your words will show how amazing God is!



## Read Psalm 119:11

Our thoughts, words, and actions can lead us to choose unwisely, speak hurtfully, and disobey God. That's what sin and making mistakes looks like every day, right? But God sent Jesus to die for us to save us from sin and wanting to do wrong! God wants to give us the power to control our thoughts, select our words, and act justly. When you spend time with God, reading and learning His Word, you can build up and increase your self-control to choose to do what you should, so it's ready when you need it.

Do you have any verses memorized that help you at certain times? You can use a study Bible or tools on a computer to help you look up verses that talk about specific things. What is hardest for you right now—your thoughts, your words, or your actions? Look up and learn a good verse about that so you have it the next time this is an issue. Ask a parent or your leader to help.

**Thank** God for all the ways He helps us to become more like Him!

Day 3