## July 20

He that hath no rule over his own spirit is like a city that is broken down, and without walls. (Proverbs 25:28)

Long ago a city without walls was easy to break into and conquer. If we have no self-control nor good moral values to guide our lives, it is as though we have no walls. Then it is easy for selfish and destructive thoughts and actions to enter and control our lives.

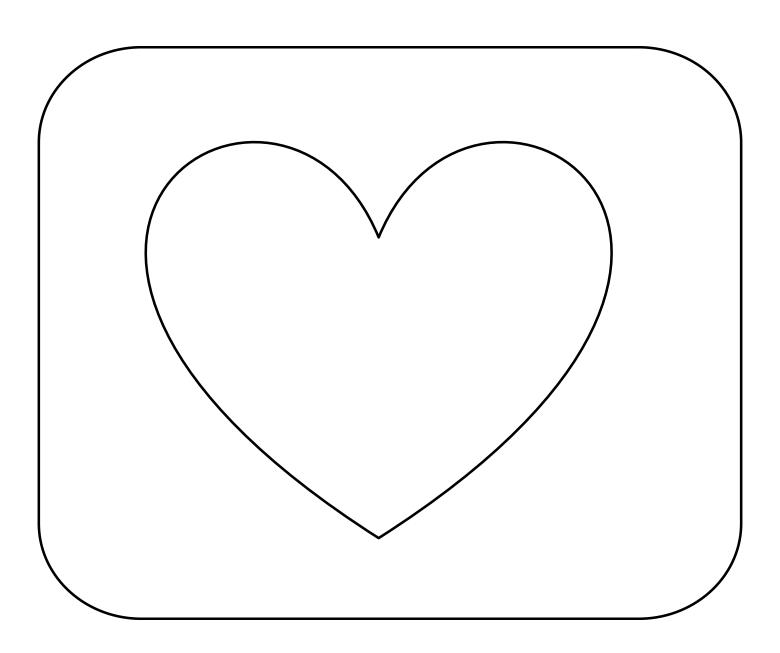
Romans 6:12

## Color the picture



The heart is you and what you can control. The rectangle is what is outside of you that you cannot control. Write the things you can control in the heart and write the things you cannot control in the rectangle.

| My thoughts            | My cousin's actions | My sister's ideas | My friend's words    |
|------------------------|---------------------|-------------------|----------------------|
| My teacher's thoughts  | My mom's feelings   | My behavior       | My choices           |
| My attitude            | My responses        | My feelings       | My actions           |
| My neighbor's behavior | My ideas            | My dad's feelings | My brother's choices |



Strong Wall July 20

To each stone in the wall, add words that would represent what we need to make us strong in the Lord. Color the wall also.

