

# Here are some ways for you to take worship home with you this week!

# ☐ **Memory Verse** (review at least once a day):

"If it is possible, as far as it depends on you, live at peace with everyone." ~Romans 12:18

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Read: Matthew 5:21-26

Reflect: Christian maturity is holiness of character—the heart—that affects actions. In what ways do you manage to control your outward actions but struggle with your inner heart? With whom are you angry? Who among those you know has something against you?

*Discuss*: Why does God want you to resolve your relationships with others you know before God wants you to come bringing offerings to Him?

Activity: Go visit, call, or contact one person who you know has a gripe against you. Make a point not to justify or defend yourself, but humbly apologize for your part in the conflict.

*Pray*: Pick someone you struggle to relate to well. Each day this week, pray for God to bless that person. Ask the Holy Spirit to make a connection between the two of you.

#### # With Kids:

## Control Yourself

See who can eat the most peas with a butter knife. Though peas may not be a favorite, maybe an ice-cream prize for the winner would be in order? Players get a point subtracted from their pea score for every frustrated grunt or comment they utter. Can you control yourself?

Maturity and self control go hand in hand. What we speak and the way we react to situations shows us (and others) our level of maturity. Have you ever seen an immature adult who was not self-controlled? What situations are most frustrating to you? How can you maintain control of yourself? Look up Proverbs 25:28 and 2 Tim. 1:7. Reflect on these short verses and ask God to help you with the areas in which you struggle.



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