

The logo features the word "BLUEPRINTS" in a bold, blue, sans-serif font. Above the letters "P", "R", "I", and "N" are small icons: a crane, a stack of blocks, a cloud, and a forklift. Below "BLUEPRINTS" is the phrase "Family Talk Time" in a large, green, cursive font.

# BLUEPRINTS Family Talk Time

**SAY:**

There's a verse in our Blueprint for life, the Bible, that tells us what God says about dealing with how we're feeling. I want to teach it to you now. Just repeat after me:

**We know that (point to self with thumbs)**

**God is greater (point both hands up)**

**than our hearts , (hand over heart)**

**and He knows everything. (fingers to temples)**

**1 John 3:20 (make book with hands)**

## **PRACTICE**

PLAY "Hot Potato Review" Find an object that can easily be passed around. Sit in a circle as a family. Have one person begin with the first word of the verse, passing it to the next person who says the next word and so on until you reach the reference. Whoever says the reference (1 John 3:20) is out!

The person remaining at the end is the winner!

## *Discussion Questions*

- Share a story of a time that you felt angry! **EXPLAIN** how big your anger was on a scale of one to five (five being the worst) and how you dealt with that anger. **TELL** about how God either gave you self-control or how you learned from your lack of self-control.
- What is one thing that makes you really angry? How do you usually deal with those feelings?
- Why do you think it's important to have self control?
- What are some ways you can practice self-control the next time you're angry?

We know that God is  
greater than our  
hearts and He knows  
everything.

1 John 3:20