

主日学家庭反馈单

大卫王
第4课
自我控制

写给父母：

这张反馈单让您知悉您的孩子今天在主日学所学的内容。包含“牢记神的话语”，一个建议的活动来巩固课程内容，还有一个简短的祷告。参与以上内容，并和孩子交流，对您和孩子都会非常有益。



所学内容：

今天，孩子们学习了自我控制的重要性。拥有自我控制，意味着我们选择遵行主的旨意，而不是屈服于世界的诱惑。这意味着我们要让自己的思想、行为与欲望都对齐神的旨意，并学会抵挡那些表面看似“好”、实则“有害”的事。而放纵这些欲望，就是自我放纵。本课经文（参考内容）：撒母耳记上 24:1-22



牢记神的话语：

受自己罪恶本性支配的人，不能讨神的喜悦。-罗马书 8:8

建议在这一周的晚上，与孩子一起多背几次这节经文。这样不仅能帮助他们记住这段话，也能加深他们对课堂中所学内容的理解和应用。

建议的亲子活动：



和孩子一起探讨自我放纵与自我控制之间的区别。在以下句子中的空格处，任选一个词语填入，并一起讨论。候选词语：

食物、毒品、闲话、顶嘴、消费、电视、音乐

- 1.当我们沉迷于 _____ 时，会发生什么？
- 2.面对 _____ 时，我们该如何展现出自我控制？
- 3.如果我们在 _____ 上没有自我控制，会带来什么后果？

举例：

沉迷于“电视”可能会浪费很多时间，影响学习或服事。

在“消费”上控制自己，可以帮助我们成为好管家，不浪费资源。



每天的祷告：

亲爱的主啊，我不想被邪恶或自私的欲望控制。我愿意遵行祢的旨意，在生活中学习自我控制。我想讨祢的喜悦，成为祢忠心的仆人。主啊，请帮助我行走在祢圣洁纯净的道路上。阿们。

SUNDAY SCHOOL TAKE HOME PAGE

To parents:

This page lets you know what your child learned today in Sunday School. Included are "Words to Remember" from the Bible, a suggested activity to reinforce the lesson, and a short prayer. Being involved and interacting with your child can be very rewarding for both of you.



What We Learned:

Today, the children learned about having self-control. Having self-control means to follow the Will of our Lord, instead of giving in to the temptations of this world. It means keeping thoughts, actions, and desires in line with God's Will by resisting things that may seem good on the surface, but are actually bad. Giving into these desires is self-indulgent. (Scripture used: 1 Samuel 24:1-22)



Words to Remember:

**"Those who are controlled by their sinful nature can't please God." Romans 8:8
NIRV**

Practice this verse several times with your child during the week. This will help him or her remember the verse and it will also help to reinforce what he or she learned during class.



Suggested Parent/Child Activity:

Discuss the difference between self-indulgence and self-control with your child. Fill in the blanks of each question with one of the following desires.

food drugs gossip sassiness spending television music

1. How can we indulge in _____?
2. How can we show self-control when it comes to _____?
3. What happens when we do not use self-control in _____?



Daily Prayer:

Dear Lord, I don't want to be controlled by evil or selfish desires. Instead, I want to follow Your Will and have self-control in my life. I want to please You, and be Your servant. Help me Lord to follow Your ways which are pure and holy. Amen.