



TRAINING IN SELF-CONTROL

We are training in the virtue of self-control so that we can learn how to do what's right, and not just what is easy.

VITAL VERSE



EVERY ATHLETE
EXERCISES SELF-CONTROL
IN ALL THINGS

1 CORINTHIANS 9:25



TRAINING IN
SELF-CONTROL IS HARD WORK,
BUT IT'S WORTH IT.
KEEP PERSEVERING!



The Cat.Chat Challenge:

Set up a prayer spot in
your house.
Pray and ask God to
help you choose 1 thing
you can do to exercise
self-control.

Write down one way you practiced self-control this month:

SUPER SAINT: ST. MICHAEL



ST. MICHAEL PRAYER

St. Michael the Archangel,
defend us in battle,
Be our protection against the wickedness
and snares of the devil.
May God rebuke him, we humbly pray,
and do thou O Prince of the heavenly hosts,
by the power of God
cast into hell Satan, and all the evil spirits
who prowl about the world
seeking the ruin of souls.
Amen.

Print this Prayer Poster at: www.catchatkidsclub.com/kids

LISTEN TO THE
THEME SONG:
DO WHAT'S
RIGHT

ITEM TO BRING TO NEXT
KIDS CLUB:
A real or artificial
flower to honor Mary,
our Super Saint

SELF-CONTROL GOALS

- ☐ Complete the Cat.Chat Challenge.
- ☐ Read the story of Jesus in the Desert (Matthew 4:1-11) with a parent.
- ☐ Post the Vital Verse Cards up in your home and memorize the verse.
- ☐ Share the story on the back of the St. Michael card with someone, color the coloring page and say the prayer with your family.
- ☐ Watch the Theme Song, Virtue Demo and Vital Verse Videos online.

★ Note to Parent: Go to www.catchatkidsclub.com/kids to download all the awesome music, videos, Prayer Poster and Vital Verse Cards from this lesson. Password: [cckcSelfControl101](#)
Before the next Kids Club, encourage your child to achieve the Self-Control Goals.
If your child has completed all of their goals, please sign here.

Parent Signature