



GOAL:

Understanding that as a Christian we must live a life of self-control.

Self-control is one of the main fruit of the Spirit. It means that you don't allow your emotions or desires to cause you to act in a way that you shouldn't. Once you practice self-control the other eight are easier to live by.

WHAt Does the Bible say about self-control?

Self-control is a sign that Jesus lives inside of you. Check out Proverbs 25:28. In the verse, it says that a person without selfcontrol is like a city with Broken-Down walls.

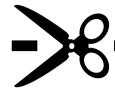
How important are the walls of a city? They keep people safe from outside danger. If you don't have self-control then you are allowing the walls that guard your heart against sin to Begin to Break Down.

Self-control keeps you from Doing whatever you want, Self-control keeps you pleasing your Heavenly Father.





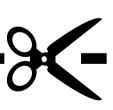
Cut out this week's memory verse and put it where you can see it!





BUT THE FRUIT OF THE SPIRIT IS LOVE,
JOY, PEACE, PATIENCE, KINDNESS,
GOODNESS, FAITHFULNESS, GENTLENESS,
AND SELF-CONTROL.
AGAINST SUCH THINGS THERE IS NO LAW.

GALATIANS 5:22-23





Let's Review What You read this Week

After His Baptism, Jesus went to the wilderness for 40 days. While He was there, Satan came to tempt Him. Jesus showed self-control. Satan offered Him control over the whole world, But Jesus Knew that God's Kingdom would eventually be the only Kingdom.

Jesus is the perfect expression of All the fruit of the Spirit, including self-control, Jesus is kindness, goodness, love, and Patience. You can look to Jesus and Pray to Become more like Him in every way, including self-control.

Self-control keeps you from Doing whatever you want. You Don't Just Slap your Brother or sister whenever you feel like they are annoying you, Cheat on your schoolwork, Be Disrespectful to your parents, or take something that Doesn't Belong to you. You must think Before you react to what People say, even when they are mean to you. Self-control is possible with Gop's Help.

Don't ALLOW Sin to enter your Heart Because the WALLS (Proverbs 25:28) that Protect you have Been Broken. Pray and talk to your Parents ABOUT the Areas that are hard for you to Demonstrate Self-Control. You can't have self-control without God, But with Him, you can bo it! (Matthew 19:26)

How can we pray?

Dear Jesus, I want to live more like you every Day. Help me to Have self-control. Help me to resist the enemy's temptations and show all the fruit of the spirit to others. Amen!

