



FRUIT OF THE SPIRIT: SELF-CONTROL

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and **self-control**. Galatians 5:22,23

▶ FAITH FOCUS

Self-control helps us choose to think, act, and say things that demonstrate God's love and character.

Have you ever been really angry or said things you regret later? Have you gotten in trouble for doing something you shouldn't have? These are times when we need self-control.

What is self-control?

Self-control is choosing actions and attitudes that please God, not ourselves. The Holy Spirit helps us to make choices that show we are created to be like God, who is righteous and holy. (See *Ephesians 4:23,24*.) Self-control isn't about following rules and having strong willpower, so we can be perfect. Self-control is about why we act like we do.

When should we have self-control?

The Holy Spirit helps us develop self-control in:

1. *Our thoughts.* Self-control helps us choose thoughts that please God. It helps us make good choices about what we read, watch on TV, or see on the Internet.
2. *Our actions.* With self-control, we think about how our actions will affect others and ourselves before we act. Self-control means we won't pout or get angry easily. It means we'll choose to take care of our body too.
3. *Our words.* The Bible tells us being careful about what we say to others is even more important than how we take care of our body. (See *James 3:2*.) Unkind words demonstrate a lack of self-control.

Why should we have self-control?

Self-control proves our love for others. As the Holy Spirit shows us how to live right and think before we act, we grow in our ability to be self-controlled. In turn, self-control helps us grow in our ability to show God's love to others.

CASE SUMMARY

FAITH FACT



Self-Control: I will think before I act.

TRUTH VERSE



Titus 2:12

Say "No" to ungodliness and worldly passions, and ... live self-controlled, upright and godly lives.

BIBLE CASE FILE

Peter Needs Self-Control

Luke 22:40-54;
John 18:10,11

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