



## MEMORY VERSE

2 Timothy 1:7

“For God gave us a spirit not of fear but of power and love and self-control.”

## YOUR CHALLENGE

Practice self-control in this week

## TODAY

Do you think having self-control is important?

Self-control is a fruit of the spirit.

When we look at our memory verse, we need to remember that God does not want us to be afraid. He does not want us to be destructive.

As Christians, it is important for us to practice love, and with love comes self-control. For example, this would mean that instead of us being harsh towards people when they're wrong, we should be calm, carry out love by controlling ourselves.

Sometimes it can be difficult for us to carry out self-control. When we're in a situation where we cannot carry out self-control, we can pray and ask God to help us.

*Prayer*

Dear God, I pray that you help me to carry out self-control. Amen.