



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

In 1 Thessalonians 5:6 we read “So then, let us not be like others who are asleep, but let us be alert and self-controlled”.

To be self-controlled means for us to be ready to take on any challenge that comes our way. As Christians, we always need to be alert because the enemy will try and sneak into our lives and plot things against us.

We need to remember to always pray and ask God to protect us and to keep us alert.

When we see that something is not of God in our lives, we need to pray and ask God to help us fight against it.

God is always on our side. He will protect us and help us to win all the battles we face. We need to remain self-controlled and God gives us the strength to do so.

Prayer

Dear God, I pray that you continue to give me strength to have self-control. Amen.