



## 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

Think of a house. A house has walls. These walls help to protect whoever and whatever is inside the house.

In Proverbs 25:28 we read “Like a city whose walls are broken through is a person who lacks self-control”. This means that when we do not have self-control, we are not able to protect ourselves well.

Self-control helps us to stay calm in situations and act out in a manner that Jesus would act out in if He was in our situations.

Remember, sometimes it is not easy for us to act out in a way that shows self-control. In times like this, we need to pray and ask God to help us.

We can also learn self-control from the people around us. Let's ask God to surround us with people who have self-control so that we can carry it out like they do.

*Prayer*

Dear God, I thank you that self-control can protect me. I pray that I will learn to have self-control in every situation that I face. Amen.