



## 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

Have you ever been tempted? You may have felt temptation for something as small as your parents telling you not to touch something, then you go ahead and touch it.

In Titus 2:11-12 we read “For the grace of God has appeared that offers salvation to all people. It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age”.

This is encouraging for us. Because we believe in God and have given our hearts to Him, God helps us to resist temptation, and He encourages us to live good lives.

This means that whenever we feel like we’re being tempted, we can ask God to give us the strength to resist temptation. This strength gives us the self-control that we need to resist temptation.

It’s so important for us to continue to live our lives for God and to ask Him to guide us always. When we include God in everything we do, it becomes easier for us to notice temptation and then ask God to help us to resist it.

*Prayer*

Dear God, I thank you for the self-control that you give me that helps me to resist temptation. Amen.