

## DAILY DEVOTIONAL – DAY 154



## 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 heard the saying ‘easier said than done’? Sometimes in life it feels like it’s so easy to talk about something but when it comes to actually doing it, it can be a struggle.

Sometimes it can feel like it is easier to tell someone to be self-controlled rather than actually practicing self-control.

In the Bible we read about Jesus and how he was tempted in the desert. When Jesus was in the desert and Satan was tempting Him to turn the rock to bread, Jesus practiced self-control.

Like Jesus, we can also get tempted to do things we are not meant to do, but when you pray and ask God to give you self-control, you will find it easier to not fall into temptation.

Remember to always remain faithful, our faith helps us overcome any obstacle, including self-control.

*Prayer*

Dear God, I ask that you will help me when I practice self-control. I pray that self-control will not be something that is easier said than done for me.  
Amen.