



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

We know that self-control is a fruit of the Spirit. We also know that it is important for us to practice the fruits of the spirit in our daily lives.

Remember to look out for times where you may need to practice self-control. If you can see that you're struggling, remember that God is with you and He will help you.

With self-control come the other fruits of the spirit. Can you remember the fruits of the spirit? (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control).

All of the fruits of the spirit are important for us to practice in our lives.

When you feel like you are not able to practice the fruits of the Spirit, stop for a moment and pray that God will give you the strength you need. You have got this because God has got you.

Prayer

Dear God, I ask that you will give me the strength that I need to carry out and practice the fruits of the spirit every day. Amen.