

FAMILY DEVOTION

The Fruit of the Spirit: “Self-Control”



“I Will Learn To Get Angry, But NOT Lose Control!”



“Don’t sin by letting anger control you...” - Psalm 4:4a

Say:

“Please don’t make me angry. You wouldn’t like me when I’m angry.” These words were uttered at the beginning of every episode of “The Incredible Hulk.” Dr. Banner would lose control and become a large, green, muscular monster and wreak havoc on his enemies.

Although we may not turn green and muscular, many times we seem no different from Hulk when we lose control of our anger. Someone hurts us, things go wrong, and we allow our anger to turn us into some kind of monster and hurt those around us.

Read:

1 Samuel 25

Ask/Discuss:

- In this Bible Story, who insulted David?
- Was David angry when he heard about Nabal?
- Who helped David to realize he was letting anger control him?

Say:

Although anger itself is not a sin, when we allow our anger to control us, it will ALWAYS lead to sin. We must have Self-Control in our lives!

Ask/Discuss:

- What are some things that make you angry?
- What are some things that angry people do?
- What are some ways we can keep ourselves from reacting when we’re angry? How can we practice self-control?

Pray:

Pray that the children would not be controlled by their anger. Pray that they would quick to listen and slow to become angry. Pray for them to lay down their anger and receive God’s peace. Pray that, from now on, the children would not allow their anger to control their actions.