



**PRAISE
THE
LORD!**

3N1

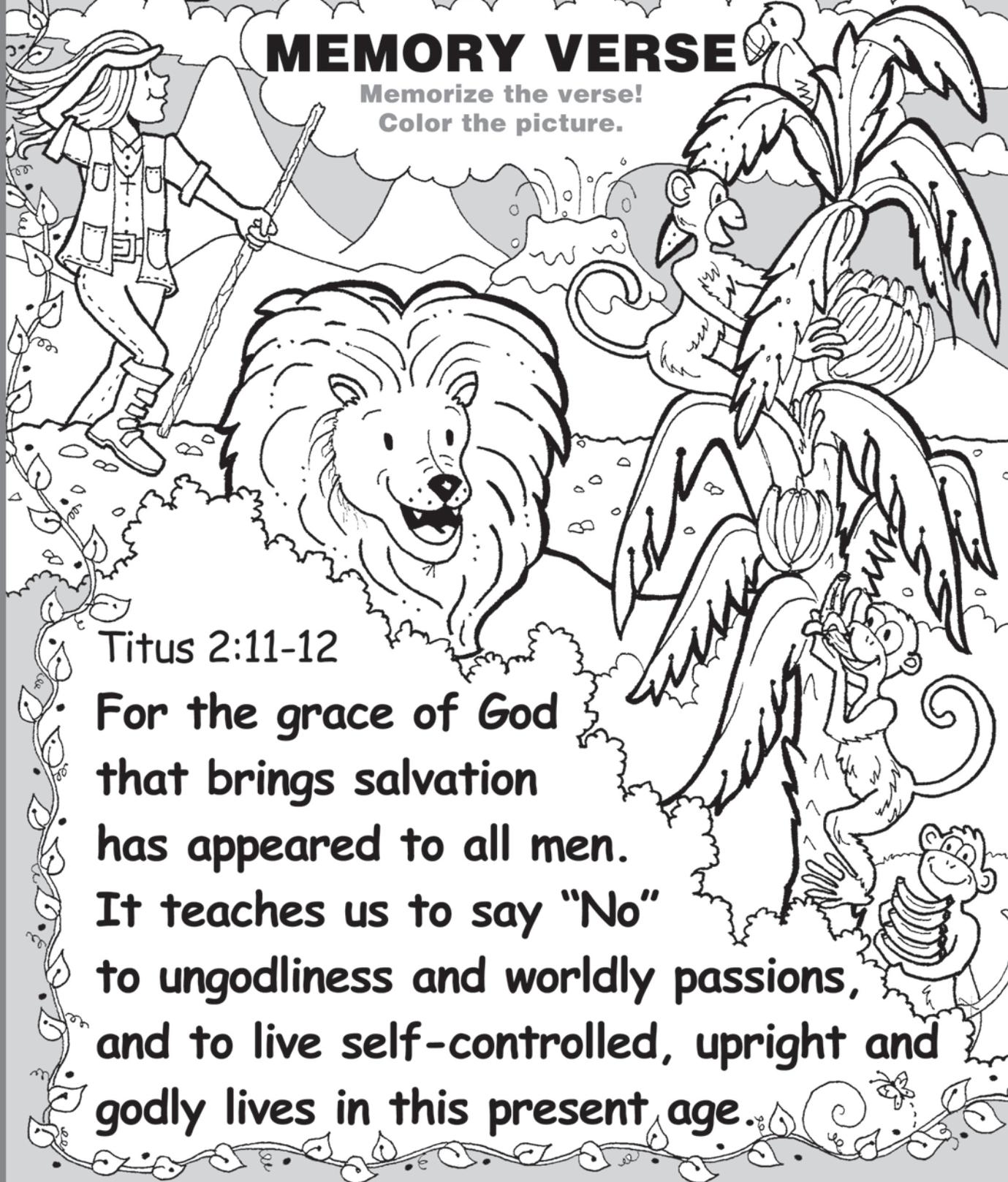
**SECTION
7**

SELF-CONTROL

SELF-CONTROL

MEMORY VERSE

Memorize the verse!
Color the picture.



Titus 2:11-12

For the grace of God
that brings salvation
has appeared to all men.
It teaches us to say "No"
to ungodliness and worldly passions,
and to live self-controlled, upright and
godly lives in this present age.

SELF-CONTROL

DEVOTIONAL
WEEK 1



WORD FOR THE WEEK!

- DAY 1
Psalm 19:14
How do we please the Lord with our mouth?
- DAY 2
Ephesians 4:29
What should our talk do for others?
- DAY 3
Proverbs 15:26
What should our thoughts be focused on?
- DAY 4
1 John 3:18 & Psalm 37:8
What should and should not be shown in our actions?
What does this verse teach us of self-control?

OPTIONAL READING

- DAY 5
Psalms 70
- DAY 6
Psalms 71
- DAY 7
Psalms 72

Family Note

Hi Families! As we begin the last fruit of the Spirit, we will learn about self-control...something that every family needs. This week we are going to look at areas of our life where we need self-control. List areas where you each need self control and take time to pray for each other. As you learn the new verses, remember to keep practicing the previous ones.

Family

SELF-CONTROL JOURNAL

Week One

*What is self-control? In what areas of our life do we need to show self-control in?
Is this easy or hard to do and why?*

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Self-Control

DEVOTIONAL WEEK 2

WORD FOR THE WEEK!

DAY 1

Proverbs 17:27-28

This verse tells us we need to have restraint in what area of our lives?

DAY 2

Proverbs 16:32

What does this verse teach us about self-control?

DAY 3

James 3:3-6

If we do not have control over what we say (controlling our tongue) what can happen?

DAY 4

James 3: 7-12

With our mouth we can praise the Lord one minute, and turn around and say something mean right afterwards. What should you do when you get mad and say something that isn't nice?

You are a GREAT SISTER Sarah! You are interested in everything.

OPTIONAL READING

- DAY 5 Psalms 73
- DAY 6 Psalms 74
- DAY 7 Psalms 75

Family Note

Hi Families, this week we will look at controlling what we say. The Bible tells us to take

control of our tongue, and that simply means to watch how we talk. Try to say positive words to your family members rather than being negative or teasing. Make sure to notice when someone says something that builds you up!

Family

SELF-CONTROL JOURNAL

Week Two

This week we looked at how to have self-control over our tongue.

Is this an area where you need to have more self-control? Have you ever said something you wished you had not said. How can you use self-control over your talking in the future?

Titus 2:11:12

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SELF-CONTROL

DEVOTIONAL WEEK 3

WORD FOR THE WEEK!

DAY 1

1 Kings 17:7-12

What situation is this widow in right now?

DAY 2

1 Kings 17:13-16

This woman had a choice to be self-controlled and do what God had asked her to do (make Elijah bread) or chose her own way and keep the little flour she had left for herself and her son. Do you think it was hard for her to be self-controlled, and why?

DAY 3

**1 Corinthians
13:4-8**

Review LOVE – what have you learned about the fruit of Love?

DAY 4

**2 Timothy
2:22-23**

Review

Joy & Peace – what have you learned about the fruit of Joy & Peace?

OPTIONAL READING

DAY 5

Psalms 76

DAY 6

Psalms 77

DAY 7

Psalms 78



Family Note

Hi Families, as we look at our final devotional on self-control, we see the story about the widow and her son. She had to practice a lot of self-control as she was obedient to what God asked her to do. Talk about the story and how you might respond if you were in her position. The rest of this week will be spent reviewing each of the fruit of the Spirit.

Family

SELF-CONTROL JOURNAL

Week Three

Have you been practicing self-control this week?

Give an example of your success or failure and what you learned through the experience.

Titus 2:11:12

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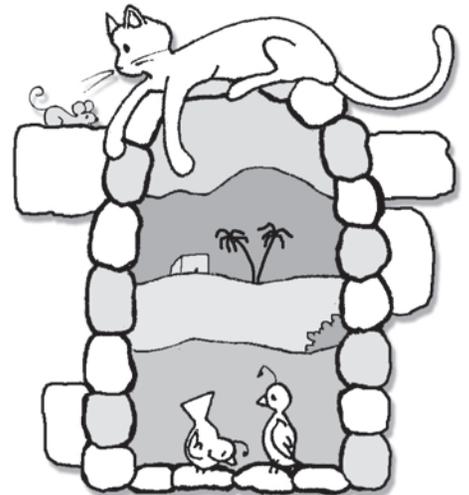
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FRUITS REVIEW

WORD FOR THE WEEK!

- DAY 1
Colossians
3:12
Review —
Patience —
what have you
learned about the
Fruit of Patience?
- DAY 2
Ephesians
5:8-10
Review Kindness
& Goodness —
what have you
learned about the
fruit of
Kindness &
Goodness?

- DAY 3
Proverbs
3:3-4
Review
Faithfulness &
Gentleness —
what have you
learned about the
fruit of
Faithfulness &
Gentleness?

- DAY 4
Galatians
5:22-23
Review what is
the best thing you
have learned
about the fruit of
the Spirit?

Review what is
the best thing you
have learned
about the fruit of
the Spirit?

Hi Families, This is our final week together as we review all that we have learned throughout this book. I hope and pray that your family has grown together, grown in God, and enjoyed spending time in God's word together. Please continue to pursue Christ with your family and read the Word with your family everyday! Enjoy this last week!

Family Note



Family

Fruit of the Spirit JOURNAL

Week Four

What is the biggest lesson you have learned about the fruit of the Spirit?
How is the fruit of the Spirit changing your life?

Galatians 5:22-23

But the fruit of the Spirit is

love,

joy, peace,

patience,

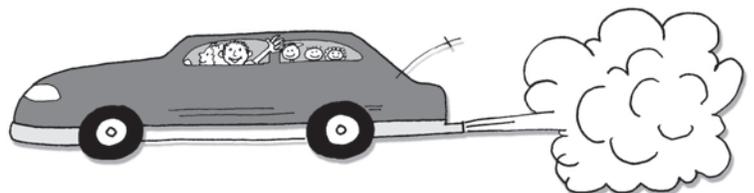
kindness, goodness,

faithfulness, gentleness,

and self-control.

Against such things

there is no law.



SELF-CONTROL

MEMORY VERSE

Have you memorized your verse?
See if you can fill in the
blanks below!

Titus 2:11-12

For the _____ of _____

that _____

has _____ to _____.

It _____ to _____ "

to _____ and _____

and to _____, _____ and

_____ in this _____.