

Youth Fruit of the Spirit **Self-Control**

What is Self Control?

Can you think of examples of self-control?

Who in the Bible showed self-control?

Why is self-control important?

Look Up 

2 Peter 1:3-8

What makes us able to develop and display self-control and the other fruits of the spirit?

We can display self-control in many aspects of our lives...

- **Emotions:**

How do we react to things? Do we let our emotions control us or do we control our emotions?

- **Daily disciplines:**

Do we spend time in God's presence? Do we spend all our free time keeping ourselves occupied with 'fun stuff'?

- **Our reaction to temptation:**

Do we give in to any temptation that comes our way?

Look Up 

Daniel 1:8

To resolve: is to "*decide firmly on a course of action*" or be determined.

Self-control requires the conscious decision and commitment to not give in to temptation. **BUT** the ability and strength to exercise that self-control when we are being tempted, is something that comes from the Holy Spirit by spending time with the Holy Spirit.

Can you think of one thing in your life that you should exercise more self-control in?