

Fruit of the Spirit

Self-control

Have you ever been really angry? Maybe really upset or sad? Maybe you wanted to shout or stomp away or pout or say something mean. But God tells us that we have to use self-control; we have to control our reactions to our strong emotions and impulses. Our reactions should be filled with reason, thoughtfulness, compassion, and love.

- 1.) Has there ever been a time when you were really angry or upset? How did you react? Did you have self-control?

- 2.) Can you remember a time when others were angry but used self-control? How did it make you feel?

- 3.) Can you think of something that happens throughout the week that makes you impatient or frustrated? Maybe a long car ride or math homework? How can you use self-control and respond to your feelings with thoughtfulness and love?

