

Fruit of the Spirit: Self-Control Galatians 5:23; Matthew 26:47-56; 27:32-44



Here's what happens...

Jesus is hung on a cross. Although he has the power to come down from the cross, and people taunt him to prove he's really God by getting himself down, Jesus shows self-control and stays on the cross. Jesus knows he has to die for us, so he uses self-control.

Bible Point:

Self-control is a fruit of the Spirit.

*"But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!"
(Galatians 5:22-23).*

Family Together Time

Practice self-control with this fun family activity.

- Play the Quiet Game—see who can be quiet the longest.
- If the game ends quickly, play again and have everyone try to beat the previous game's time.
- After the game, talk about what made it hard not to talk in the game.
- Share about situations where it's hard for you not to do what you want to do.
- Pray together, asking God for self-control in those situations.

Church Announcements

- We are so excited to have your child celebrate Jesus with us here at BDZ. BDZ stands for Bible Discovery Zone. It's where we discover truths in the Bible and in the community around us. If you ever have any questions, please do not hesitate to reach out to any of the BDZ leaders!
- Did you know we have Adventure Club on Wednesday nights for children ages 4 years old through 4th grade? This program is headed up by Pam McBroom and meets from 6:30-8pm. Parents, check out the ongoing Bible Study discussion groups that meet in the choir room from 7-8pm too! Nursery is available. Thank you for trusting your kids with us!

Talk About This...

- If no one was there to stop you, which food would you have the hardest time eating only a normal serving of?