

FRUITS OF THE SPIRIT

SELF-CONTROL

In our culture, self-control gets a bad rep. We think of it as being fake or inhibiting self-expression. However, the Bible teaches that this is far from the truth. Self-control enables us to love better, to put aside our selfish impulses for the greater good, and to make room for more than we could imagine for ourselves and the world around us.

The fruit of the Spirit is evidence of the change that can happen within us (through the work of the Holy Spirit) because of the life, death, and resurrection of Jesus. Jesus made a way for us to think and live beyond our natural inclinations, and to be transformed!

Self-control is simply the ability to control ourselves. It's the power to say "no" to bad thought patterns that, more often than not, lead to bad behaviors. We are so used to getting what we want, when we want it, and we are conditioned to make reactive decisions, despite how unfavorable they might be; but consider this: What if we chose to practice self-control? To think for a minute about how our next action could help (or hinder) our ability to love someone else (or even ourselves) better?

Self-control is beneficial for you, your kids, your family, and your community. Jesus says he gives us the strength to practice self-control and be in alignment with His desires for this world. We can exercise this fruit by guarding our temperaments in the dugout and the stands; by not throwing bats, gloves, or yelling at the umpires; and by eating only one dessert after the game instead of two. We can also come prepared for the heat instead of being frustrated by it; and we can choose to display our team spirit respectfully, whether we win or lose.

What is one way you can practice self-control this week?

MEMORY VERSE OF THE WEEK

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

- 2 Timothy 1:7

TRY IT AT HOME!

- **Practice** the memory verse at meal time or before bed with your kids.
- **Pray** before meals that your family would display self-control.
- **Ask** your child to identify one way he or she can practice self-control this week. Be specific!



MORE INFORMATION

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