



**Paul's Letter About
Self-Control
1 Corinthians 9:24-27**

COLOred By:

on

Hey Parents! This week we learned about Paul as an example of the Fruit of the Spirit of self-control. Paul realized that it was important to exercise self-control if he was to be an effective servant of God. Sometimes, following Christ means giving up certain habits and freedoms that the world allows in order to be a better example of Christianity. One way we can show self-control is by stopping to pray and ask God for help when we feel angry or tempted. Self-control is not easy, but by the grace and power of God in our lives, we are able to overcome temptation and carry out His plan for us. Take some time to go over these discussion questions with your child.

- 1. What is something that makes you angry?**
- 2. What does it mean to have self-control?**
- 3. Next time something upsets you, what can you do to practice self-control instead of getting angry?**