



Faith Corner

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SELF-CONTROL

Choosing What Is Right

What Is Self-Control?

Self-control means stopping, thinking, and choosing what would please Jesus. It helps us make good choices even when it is hard.

"A person without self-control is like a city with broken-down walls."

Proverbs 25:28

"The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control."

Galatians 5:22-23



STOP



THINK



PRAY



CHOOSE

Examples of Self-Control:



When I'm angry: I can stop before I say something hurtful.



When I want something: I can learn to wait.



When I'm disappointed: I can choose not to give up.



When I want to say something mean: I can choose kind words.



When I want to keep playing: I can know when it's time to stop.



When I don't know what to do: I can ask Jesus to help me choose.

"Self-control is letting Jesus help me control ME."

A Prayer for Children

Dear Jesus,

Please help me control my emotions when I am angry or disappointed. Help me to practice patience and peace and show love always. Help me to have self-control in my words and in my actions.

Amen.



Let your light shine before others!
Matthew 5:16