

## **Self-Control (8/14/16)**

Our final fruit of the spirit is self-control. To be self-controlled means to have power over your reactions to people and situations; being able to handle your thoughts, words, and actions, especially when you're angry. We are not born with self-control. We have to learn how to be self-controlled.

The biggest area that we have to learn to use self-control is when dealing with anger. When you're angry, hitting and kicking is not acceptable; nor is calling some a name who has hurt your feelings. We have to learn how to put aside our selfish desires and to put other people first. This is not something that learn once and for all. This is something we all need to practice throughout our whole lives.

Learning how to control our anger is only one area we need to develop self-control. We also need to have self-control when we are faced with the temptation to sin. God's Word tells us to be on our guard so that we won't make bade choices in tempting situations. We need to ask God for help so we can make good choices in life.

Let's open up to the book of James and read a couple verses. Read James 3:2-10.

James is saying that learning how to control what comes out of our mouths is the key to controlling every part of our life. Words can be used to encourage people to do good things, and they can be used to encourage others to do bad things. Words spoken out of turn can lead to anger and hurt feelings.

Have you ever been to the circus and seen a bear ride a bike? Or have you ever been to Sea World and seen killer whales jump through hoops? People can tame all kinds of wild beasts to do some of the most unusual things, but we can't seem to learn how to control our own tongues!

Have you ever said things you regretted saying? Have things come out of your mouth that you wish you could take back? Sometimes we can say kind, loving things to people and other times we are thoughtless. We should use our tongue only to say good things. James wanted us to realize that we need God's power and love to help us control what we say. We can always count on God to help us in controlling our tongues and using our words in good ways.

The good thing is that we don't have to try to have self-control without help. The Holy Spirit is always there to help us discipline ourselves. He will give you the will power to restrain yourself from thinking or saying or doing anything that would not bring honor to God! But, you have to ask Him for that help. God's Spirit strengthens us and that's what develops our self-control!

### **Discussion Questions:**

- When might it be hard to show self-control?
- What can you do when you need help showing self-control?

Look back at Kennon's weekly email and take some time to listen to the songs with your family that we will be singing in worship this Sunday.

### **Scripture Memory From Harvest Kids for August (ESV Translation)**

4 Year Olds: Hebrews 11:1

SK/1<sup>st</sup>: Hebrews 11:1

2<sup>nd</sup>/3<sup>rd</sup>: Hebrews 11:1-3

4<sup>th</sup>/5<sup>th</sup>: Hebrews 11:1-3

### **\*\*\*Sermon Follow-Up Question\*\*\***

What is something that you learned from the sermon that you had never heard before?