

# Self-Control

---

 [pursuegodkids.org/self-control/](https://pursuegodkids.org/self-control/)

Self-control helps us to keep our cool and not go crazy!

## Key Points:

- Self-control is being in charge of your \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
- Having \_\_\_\_\_ is better than having big muscles.
- Self-control works from the \_\_\_\_\_.

## Memory Verse:

| Proverbs 25:28 A person without self-control is like a city with broken-down walls.

## Talk About It

1. *What's your favorite part of the video? What's one thing you learned from it?*
2. *Share a time you were so excited or mad that you did something you regretted. (broke your mom's lamp, hit your friend)*
3. *What is self-control? How does self-control protect us?*
4. *Who helps us to have self-control?*
5. *Read Galatians 5:22-23. List all of the fruits of the Spirit. Which one(s) do you need to grow more of in your life?*
6. *How will you apply this lesson to your life this week?*