

# Day 9: Self-Control

**Read Galatians 5:22-23**

(encourage your child to join in reciting Fruit)

**Today we learn the last Fruit of the Spirit! Did you hear it in the Scripture we just read?**

(don't expect them to know, but praise them if they do!)

**It's Self-Control. Any idea what that means?**

(answers will vary)

If you simply switch the words around, you'll hear exactly what it means... controlling yourself. That means when you feel like doing something that isn't right, you stop yourself – you control yourself. It means not yelling and throwing a fit when things don't go your way. It means not doing bad things no matter how tempting they are.

What if Mommy has just made cookies for supper and has told you not to touch them, but you really want one. What will you do if you have self-control?

(not touch them)

**That's right!**

God wants us to be self-controlled. When we are tempted to do things we shouldn't do, God is right there with us helping us to do the right thing. He helps us to control ourselves!

So, every time you are tempted to do something you shouldn't, ask God to help you be self-controlled.

**Let's pray:**

*Dear God,*

*Sometimes I want to do something I know I shouldn't do. Please help me to be self-controlled and not give in to the temptation to do something I shouldn't do. Help me to remember the Fruits of the Spirit that you have given us.*

*Amen.*

**Add Self-Control to the Fruit Basket.**

**Sing the Fruit of the Spirit song from Scripture Memory Songs.**

**Continue to look for chances to add "fruit" to their chart and reward them for a job well done!**