

## Self-Control is a Fruit of the Spirit

Galatians 5:22-23, Matthew 26:47-56, 27:32-44



### Here's what happens...

Jesus is hung on a cross. Although he has the power to come down from the cross, and people taunt him to prove he's really God by getting himself down, Jesus shows self-control and stays on the cross. Jesus knows he has to die for us, so he uses self-control.

### Bible Point:

Self-Control is a fruit of the Spirit.

*"But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!" Galatians 5:22-23*

Go to [www.c3church.us](http://www.c3church.us) to find additional video links on the C3 Kids webpage.

### Family Together Time

Practice self-control with this fun family activity.

- Play the Quiet Game—see who can be quiet the longest.
- If the game ends quickly, play again and have everyone try to beat the previous game's time.
- After the game, talk about what made it hard not to talk in the game.
- Share about situations where it's hard for you not to do what you want to do.
- Pray together, asking God for self-control in those situations.
- Sing "[Living by the Spirit](#)" as you praise God and follow his lead!

### Talk About Video

Watch "[Selfies & Self-Control](#)" to see what happens to a girl who had some distractions and how she was able to turn things around using self-control.

- What are some things that distract you? Which distractions did she have that you have too?
- The girl in the video said, "I feel like Jesus was right beside me, like he gave me the strength to turn this around." How can you turn to Jesus for strength to have self-control to limit those distractions?

Self-control is a fruit of the Spirit. We can turn to Jesus for help with self-control when we're having a hard time with it.

### Church Announcements

Today is our last C3 Kids online lesson as we wrap up our study on the "Fruits of the Spirit." We hope that you can join us in-person for Sunday school at our Ellsworth campus! See you next week!

### Pray About This...

Ask God for self-control in any situation that is too hard for you to keep doing or even stop doing.