

GO DEEPER

MEMORY VERSE

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law." **Galatians 5:22-23 (ESV)**

BOTTOM LINES

GENTLENESS IS BEING THOUGHTFUL AND CAREFUL IN WHAT WE SAY AND DO; SELF-CONTROL IS CHOOSING GOD'S WAY NOT MINE



TALK ABOUT IT

Read: Matthew 4:1-11

Talk About It:

- How did Jesus have self-control?
- What did Jesus use to fight against the enemy?
- When is it hard for you to have self-control?
- How can God's Word help you have self-control?



WAYS TO WORSHIP

Spend time in prayer together. As a family, share both your needs and praises. Thank God for the Fruit of the Holy Spirit we are able to have when He lives within us, and for His great gentleness to us.



THINK ABOUT IT

What is gentleness? Look up the following verses and make a list of what God's Word says gentleness is:

- Matthew 11:28-29
- 2 Samuel 22:36
- 1 Peter 3:15
- Galatians 6:1



A CITY WITHOUT WALLS

Read Proverbs 25:28. This verse tells us that when we don't have self-control we are like a city whose walls are broken down.

Build a city using boxes or blocks. Then, create a broken wall around your city with **blocks**. Use balled up socks and pretend the city is under attack. Throw your socks at the city. Attack!

If we don't use God's Word as a wall of protection, then we won't survive the attacks of the enemy. God wants to help us when we struggle with self-control. Remember, when you're tempted, you can STOP, THINK, & PRAY for God to help you obey Him.