

Name \_\_\_\_\_



# FRUIT OF THE SPIRIT



## Lesson 9. The fruit of Self-Control.



This car's brakes have failed and it's speeding down the hill out of control, heading for a big crash! This car is like us when we don't have self-control. Without self-control, when people annoy us or we are tempted to do wrong, we quickly become out of control and then do and say things that cause a lot of harm to ourselves and others. Complete; Without \_\_\_\_\_ -control, when \_\_\_\_\_ annoy us or when we are \_\_\_\_\_ to do wrong, we \_\_\_\_\_ become out of control.



Look up James 1:19 and write it out below.

\_\_\_\_\_

**Self-control is being able to handle your words, thoughts and actions.**

Hold this up to a mirror and write the message below.

\_\_\_\_\_

**Control over what you say!** James 3:2 says "If there was a person who never said anything wrong, he would be perfect. He would be able to control his whole body too." James is saying that learning to control what comes out of your mouth is the key to controlling every part of our life. Complete; James 3:\_\_\_ says "If there were a \_\_\_\_\_ who never said anything \_\_\_\_\_, he would be \_\_\_\_\_. He would be able to \_\_\_\_\_ his whole \_\_\_\_\_ too." Learning to \_\_\_\_\_ what comes out of your \_\_\_\_\_ is the \_\_\_\_\_ to controlling \_\_\_\_\_ part of our life.



Right now ask God to show you which of the following you need to stop doing. Underline all the ones that God shows you.

Complaining/ Criticising/ Lying/ Gossiping/ Backstabbing/ Swearing/ Answering back

**Now pray this prayer.** Dear Father God, please help me to have more control over the things I say. Help me say only, positive, truthful and encouraging words. Amen.

## Dealing with anger! Read the passage below then answer the questions.

When you're angry, violence such as hitting, kicking and shouting is not acceptable. Violence makes the situation worse. When you start to feel angry, immediately ask God to help you, then take a deep breath and put aside your selfish desires and put others first by calming down and controlling what you do and say.



Q1. Write 3 behaviours that are not acceptable when you are angry?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

Q2. What's the thing to do immediately when you start to feel angry? \_\_\_\_\_

Q3. Who should you put first when you feel angry? \_\_\_\_\_

**Resisting temptation!** The devil is always on the lookout for people who are out of control because he knows that bad choices have bad consequences for our lives. Sometimes we think we've got away with it, but eventually we have to face up to the consequences! **True or False?**

The devil is on the look out for people who are out of control T / F

There are no consequences to bad choices T / F



These are the steps you should take to have more self-control.

1. Stop, don't lose control.

2. Ask God to give you more self-control.

3. Think about the consequences and make the right choice.

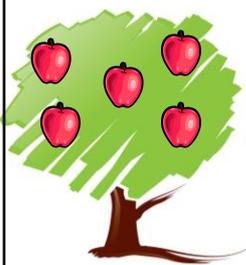


Write on each line what to do.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



You know this is an apple tree because of the apples. In the same way people can tell what kind of person you are when they see the fruit of your life. If you have lots of God's characteristics or the fruit of the Spirit in your life then people know you have a close walk with God. But if your life produces rotten fruit such as hate, selfishness, meanness, violence etc. then people know that you're not walking closely with God.

Complete; If you have lots of the fruit of the \_\_\_\_\_ in your life people \_\_\_\_\_ you have a \_\_\_\_\_ walk with \_\_\_\_\_. But if your life produces \_\_\_\_\_ fruit, people know you're not \_\_\_\_\_ closely with \_\_\_\_\_.

Write the 9 fruit of the Spirit. If you need help, look up Galatians 5:22-23.

L\_\_\_\_\_, J\_\_\_\_\_, P\_\_\_\_\_, P\_\_\_\_\_, K\_\_\_\_\_, G\_\_\_\_\_,  
F\_\_\_\_\_, G\_\_\_\_\_ and S\_\_\_\_\_.

Now pray this prayer; **Dear Father God, please help me to have a close walk with You, all day, every day, so that I can produce Your fruit, the fruit of the Spirit in my life. Help me to put the things I've learnt on this course into action in my life. Amen.**

Tick when you've said the prayer. **Well done !! You've finished the course.**