

Bite-Sized,
No. 10

A Fruit of
the Spirit

Self- Control

Let Jesus' Spirit and your knowledge of His Word guide your actions to aid you in exercising self-control.

Memorize it:

I have hidden your word in my heart that I might not sin against you (Psalm 119:11 NIV).



The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control (Galatians 5:22–23 NIV).

Action:

In your journal, make a quick list of things that need someone controlling them in order for them to work properly. For example, a car, a handheld electric whisk, a vacuum cleaner, etc. Think of how these items are fun and/or useful when controlled properly. When you are in control of your spirit, your actions, and your thoughts, you can be a help and blessing to others. You are also more fun to be around.



Read the full article, "[Power-Up Devotional #12: Spirit Fruit: Self-Control.](#)"

S&S link: Christian Life and Faith: Biblical and Christian Foundation: The Fruits of the Spirit-2i

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