



FAITH & FAMILY CONNECTION



October 17TH, 2022

VIRTUE OF THE WEEK

MODERATION

According to Disciple of Christ Education in Virtue curriculum, the definition of moderation is: attention to the balance in one's life. Having moderation in your life means taking time to pray, time to rest, to eat, to work, etc. It is being aware of the things that are important to not have too much of, such as screen time, unhealthy food or habits, as well as things that are important to do, such as eating fresh food, brushing your teeth, and reading your Bible.

Having moderation in our daily choices keeps us from becoming gluttonous, selfish, lazy, or workaholics, etc. A big part of moderation is maturing in responsibility. It is easier to mature in responsibility if you surround yourself with those who are good examples of this. Are you showing moderation with your choices? Are your friends? How can the habits you create today affect your future?

Ideas for Families:

- **Read & Discuss together:**

Ecclesiastes 3:1-8

- **Pray:** Christ Jesus, show me where I need to do a better job of moderation in my life. Give me wisdom and humility as I go about my daily interactions and decisions.

Amen

"DO NOT CONFORM ANY LONGER TO THE PATTERN OF THIS WORLD, BUT BE TRANSFORMED BY THE RENEWING OF YOUR MIND. THEN YOU WILL BE ABLE TO TEST AND APPROVE WHAT GOD'S WILL IS - HIS GOOD, PLEASING, AND PERFECT WILL."

ROMANS 12:2