



FAITH & FAMILY CONNECTION



November 7th, 2022

VIRTUE OF THE WEEK

SELF-CONTROL

To have self-control simply means to have mastery over your passions and desires. This is also known as discipline. The Bible is full of passages that talk about what it means to have self-control and why it is an important virtue to practice all throughout your life. To grow in this virtue takes practice each and every day.

1 Corinthians 13:11 says, "When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put childish ways behind me." How does this relate to self-control? Think of how your self-control has grown since you were a toddler. In what ways will you continue to practice self-control?

Ideas for Families:

- **Read & Discuss together:**
Proverbs 25:28
- **Pray** for opportunities to practice self-control, and the wisdom to demonstrate self-control in those situations. Talk about these with your family each day.

**"FOR GOD GAVE US A SPIRIT NOT
OF FEAR, BUT OF POWER, LOVE,
AND SELF-CONTROL."**

2 TIMOTHY 1:7