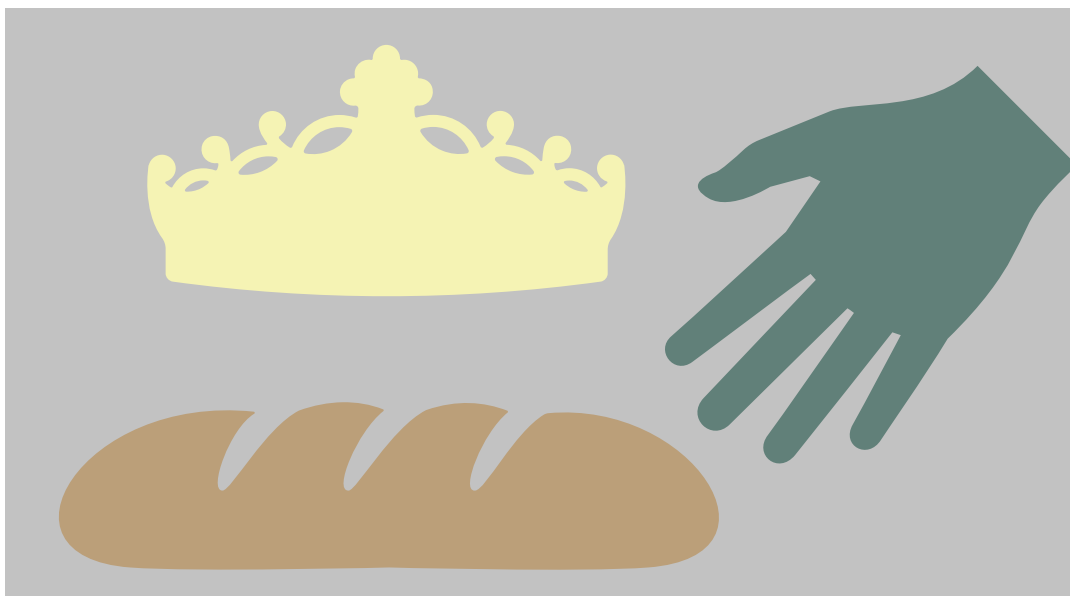


# Growing the Fruit of the Spirit

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires.  
Galatians 5:22-24



Proverbs 25:28  
"A man without self-control is like a city broken into and left without walls."

## Self-Control

Main Idea: Self control, a gift of the Spirit, enables us and empowers us to have control over our sinful desires.

Open your Bible and read Luke 4:1-13

1

**DRAW**

Draw a picture of the story.

2

**DISCUSS**

How did Jesus have self-control as he was tempted by Satan?

3

**DISCUSS**

When do we need self-control?

**PARENT RESOURCE:**

Watch the ninth session of Christopher Wright's introduction to the fruit of the Spirit.  
<https://us.langham.org/fruit/>