

Family Talk – Self-Control

READ TOGETHER

Galatians 5:22-23

1. Read Romans 7:21-25. Why is self-control important?
2. How does controlling your desires lead to freedom? (Galatians 5:1)

LIVE IT

Self-control is the ability to say NO to temptations and desires that conflict with the life of God. Self-control is an essential characteristic to instill in children.

Several Christian practices or disciplines help us develop self-control. Fasting, silence and solitude are a few examples. As a family choose a day to turn off all forms of media, television, phones, smart devices, etc. Then discuss with your family if the exercise created a sense of freedom or a sense of lacking.

LEAN ON GOD

Dear God,

Thank you for giving us new desires and wants. By saying NO, we're also saying YES to You. YES to You is always the BEST YES! Help us control ourselves so we can truly experience freedom in Christ.

We love You.

Amen.

