



FRUIT OF THE SPIRIT

TALK IT OVER | LESSON 5

Hey parents! This week your child learned about **self-control**, which is a Fruit of the Spirit. They heard the Bible story about **Paul's first letter to the Corinthians**, too! Use these questions as a guide to talk over this week's lesson after they've watched the video service!

1. What was your favorite part of the video we just watched?
2. What was Paul's letter to the Corinthians about?
It was about self-control. Paul said we all have a race to run that we need to train for, like an athlete would train. As Christians, we train by doing what is right and good by controlling our thoughts and actions. We get to share the good news about Jesus with others and live our lives bringing honor and glory to God with the things we do, say, and think.
3. What fruit do we need to win the race we run for God?
We need self-control.
4. What does self-control mean?
Self-control means we have the ability to control our thoughts, actions and feelings.
5. When is it difficult for you to have self-control?
It can be hard to have self-control. Even though we might sometimes feel frustrated, angry, upset, bored, or really want something, we can stop and ask God to give us the power to control our thoughts, feelings, and actions. And the best part is God will always give us the strength to do this! Even when it's hard, he will help us. We all make mistakes, but we do not have to let that stop us from doing what God wants us to do. God has a plan for your life and the more we show self-control, the more we will be able to follow God's plan without being distracted.
6. Don't forget about Greg's Super Awesome Video Contest! This week make a video about self-control. Go to saddlebackkids.com/videocontest for more information.