



This week in chapel we're thinking about the apostle Paul's list of 'fruits of the spirit' – characteristics that Christians are to grow in... and characteristics that we can all learn from and think about.

The eighth one is 'self control'. Self control is being aware of something that you could do, but you know is not the best for you, and being able to resist the temptation. Having self control is crucial to living an effective life; especially those who are trying to live as Christians, or any other religious life.

Prayer

Lord, we see the importance of self control – help us to do the right thing even when we are tempted by something else.

Amen

SELF CONTROL

means doing what matters the most

not what feels the easiest

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Prayer

Lord, we see the importance of self control – help us to do the right thing even when we are tempted by something else.

Amen

A MAN WITHOUT

SELF CONTROL

is like a city
broken *into*

AND LEFT WITHOUT

WALLS.

PROVERBS 25:28

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The eighth one is 'self control'. This proverb from the bible reminds us that to lack self control is to ensure self destruction.

Prayer

Lord, we see the importance of self control – help us to do the right thing even when we are tempted by something else.

Amen