



THE FRUITS OF THE HOLY SPIRIT SELF-CONTROL



Memory verse: Galatians 5:22-23 (ESV)

'the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control'

BIG QUESTION: WHO CAN RUN THE LONGEST?

Mo Farah has dominated the long distance track. He's won 10 world and Olympic gold medals and has even been knighted. He's gone from strength to strength winning race after race set before Him and that's no easy feat! Since the start of his career in 2006 he would have run 430 miles in competitive races. That's further than the distance between Plymouth and Newcastle! But, do you think this success happened over night? Do you think that he got up late one day rolled out of bed and casually strolled over to his first race in his pj's and fluffy slippers?! No, it would have taken a lot of training and a lot of self-control.

In Corinthians Paul says that as Christians we are athletes and there's a race marked out for us to win. He says 'in a race all the runners compete, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things' (1 Corinthians 9:24-25, RSV). What Paul's saying is in this race don't turn up with fluffy slippers on! Get into training; get 'self-control in all things'. Our race isn't on a physical track but it can be as physical as one of Mo's races. It will take being in charge of our emotions, thoughts, words and actions. Sounds like a lot of work doesn't it? Well, if you feel like that I've got a great surprise for you

the Holy Spirit can grow within us the fruit of self-control. The closer we get to Jesus the more His spirit will grow self-control within us. But if you want to see success tomorrow you have to start the training today. Stop giving into comfort and get into training; take off the fluffy slippers and put on the running trainers.

SOMETHING TO DO

Why don't you watch this video of the marshmallow test together? https://www.youtube.com/watch?v=QX_oy9614HQ



Mo Farah must face real temptation before and even during one of his races. Temptations to eat bad food, sleep in to late, to slow down, or even stop mid raise and go for an easy life. In our race there will be a lot of temptations. Temptations through emotions; like getting to angry. Temptations through thoughts; leading us to believe bad things about others or ourselves. Temptations through our words; God spoke the world into being through His word so what we say is really important. Or even temptations through actions; you could be tempted to physically stop. Whatever the temptation we face we must keep going and keep our self-control. But when you are tempted don't be worried 'You are tempted in the same way all other human beings are. God is faithful. He will not let you be tempted any more than you can take. But when you are tempted, God will give you a way out. Then you will be able to deal with it' (1 Corinthians 10:13 NIRV). Take off the fluffy slippers, get self-controlled and keep taking the way out!

SOMETHING TO TALK ABOUT

- How are some ways we can train as Christian athletes?
- How can you become more self-controlled this week?



PRAYER

Heavenly Father, Please fill us with the Holy Spirit and allow the fruit of self-control to grow within us. Amen.

'THE FRUIT OF THE SPIRIT IS LOVE,
JOY, PEACE, PATIENCE, KINDNESS,
GOODNESS, FAITHFULNESS,
GENTLENESS, SELF-CONTROL'

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MEMORY VERSE

