

# Shining the Light on SELF-CONTROL

“The grace of God... teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age.” Titus 2:11-12

*Having mastery over and regulating strong emotions.*

## Teaching truth

Jesus' life brings, helps and spreads the good news that we can be with our God. This good news is for everyone! We can access true SELF-CONTROL through the Holy Spirit.

**Can you see the Holy Spirit (the star) guiding and helping Stellar Bear on each page? What do you think the star is saying to Stellar in this story?**

The best way to teach SELF-CONTROL is to show how to delay gratification in the present for something greater in the future.

Teach children to turn their heads in the direction they want to go.

Focus on what is true, pure, lovely and just. (Philippians 4:8)

## Empowering kids to shine

### What is SELF-CONTROL?

SELF-CONTROL is being the boss of the feelings and impulses that we experience. Instead of doing exactly as we want all the time which destroys ourselves and our relationships, we can tell harmful and damaging impulses that they need to take a seat while we assess the situation calmly.

### How can we have SELF-CONTROL?

To have SELF-CONTROL, we must first be honest with ourselves. We are all different and have different desires. We can take these to God and ask for help. God empowers us to overcome temptation. We can calm our impulses to react peacefully when we are upset.

### Why do we practise SELF-CONTROL?

We practise SELF-CONTROL because we choose Christ over the world, no matter what we feel, we choose to know and love Jesus. (Mark 8:36-37). God knows what is best for us and for others. Having SELF-CONTROL helps us to all live harmoniously, and to focus on what is good for us all.

