

A Character study:

Self Control

“And how from infancy you have known the holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus. All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.”

2 Timothy 3:15-17

This character study is designed to illustrate this character trait using verses, stories, consequences of sin and blessings of obedience found through out the Bible.

Each day you will learn a verse, read a story where this sin is illustrated, then discuss the consequences of this sin followed up by the blessings of obedience. I encourage discussion with your children on ways they can help one another to stay free from this sin.

Resources: This study was created using references from the Bible and the book “For Instruction in Righteousness” by Pam Forster

Self Control

Memory Verse:

James 1:19-20 So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath, for the wrath of man does not produce the righteousness of God.

Day 1

What is self control? Showing control or restraint of your emotions, feelings, and reactions.

How can we show self control on a daily basis? (List several ways such as being kind to a sibling even if we are angry, not choosing to sin in our anger, responding to meanness with kindness, etc.)

Verse:

Psalm 37:8 Refrain from anger and turn from wrath; do not fret—it leads only to evil.

Story & Consequences:

Genesis 37: Joseph's brothers hated him which lead to them plotting his death and finally selling him into slavery then lying to their father.

Blessings of Obedience:

Genesis 45, 50:15-21 Joseph is not angry at his brothers because he knows that God used their actions for good.

Questions:

1. Did Joseph's brothers show self-control when dealing with Joseph?
2. Did Joseph show self-control in his response to his brother's actions?
3. What did you learn about God from this story? *(Focus on how even though Joseph's brother's had bad intentions, God used the situation for good.)*
4. How does the Bible tell us to handle situations where we may be angered? *Proverbs 16:32 He who is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.*

Challenge: Show self-control today in all circumstances. Even when you don't get your way, or are angered by one of your siblings or a situation.

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Day 2

Verse:

Galatians 5:22-23 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

Story & Consequence of sin:

Genesis 4:1-15 Cain's anger lead to murder, Can was then to become a restless wanderer on the earth. (Also note that the whole family was affected by Cain's sin.)

God's instruction to us:

Proverbs 22:24 Do not make friends with a hot-tempered person, do not associate with one easily angered.

Blessings of Obedience:

Proverbs 15:18 A hot-tempered person stirs up conflict, but the one who is patient calms a quarrel

Questions:

1. Did the Lord warn Cain about his sin? (See Gen 4:6)
2. What is Cain's response? (He lies to God after killing his brother.)
3. Can we hide our sin from God? (No)
4. Did Cain get away with this sin?
5. What was Cain's punishment or consequence?
6. How was Cain's family affected by his sin?
7. How was Cain's relationship with God affected by his sin?

Challenge: Use self-control today in all circumstances. If you happen to lose it, and we all do, pray for forgiveness immediately, and start fresh. Ephesians 1:7 In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace .

Activity: Show that a little bit of sin can infect a whole family.

- **Supplies:** 1 clear plastic cup or bowl, water, red food coloring.
- **Directions:** Pour 1 cup of clean water into a bowl. Talk about how we are clean from sin when we confess our sins to Jesus, but if we allow even a little sin back into our hearts it can take over quickly. Drop one small drop of red food coloring into the water and see how it quickly spreads through the water.

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Day 3

Verse:

James 1:19-20 My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.

Story:

Exodus 2:11-14 Moses became angry and killed an Egyptian

Consequence of sin:

Romans 2:8 But for those who are self-seeking and who reject the truth and follow evil, there will be wrath and anger.

Blessings of Obedience:

Proverbs 14:29 Whoever is patient has great understanding, but one who is quick-tempered displays folly.

Questions:

1. Was Moses able to hide his sin?
2. How was Moses testimony for God affected by his actions?
3. How can our actions glorify God? (Being kind to one another etc)
4. How might our actions others if they see us acting poorly?
5. How might our actions glorify God's name, or speak poorly of Him?

Challenge: Continue to use self-control this week. Even if someone else is not using self-control, try to make the right choice, you are responsible for your own actions.

Day 4

Verse:

Proverbs 15:1 A gentle answer turns away wrath, but a harsh word stirs up anger

Story:

Daniel 3:13-19 Furious Nebuchadnezzar tried to kill Shadrach, Meshach and Abed-nego.

Consequence of sin:

Matthew 5:22 But I say to you that whoever is angry with his brother without a cause shall be in danger of the judgment. And whoever says to his brother, 'Raca!' shall be in danger of the council. But whoever says, 'You fool!' shall be in danger of hell fire.

Blessings of Obedience:

Proverbs 20:3 It is to one's honor to avoid strife, but every fool is quick to quarrel.

Self Control Card: Add the self control apple to your character tree! *(If you haven't already, put up a tree using brown and green construction paper. Each week you will add a new apple to the tree)*

Review Questions:

1. How does NOT using self-control effect others?
2. How does using self-control effect others?
3. How does using self-control effect our relationship with God?

Application:

1. What does self-control look like in our home?
2. How can we practice this skill?

Prayer:

Dear Jesus, Please help me to use self-control in all circumstances because I know that it glorifies you. I am thankful for Your Word that helps guide me. I thank you and praise you for all you've done for me. Amen.

