
 **Galatians 5:23; Matthew 26:47-56, 27:32-44**

Leader Devo

Teachers Dig In

Dig In to the Bible

- Read: Galatians 5:23; Matthew 26:47-56; 27:32-44
- In This Passage: Jesus is hung on a cross. Although he has the power to come down from the cross, and people taunt him to prove that he's really God by getting himself down, Jesus shows self-control and stays on the cross. Jesus knows he has to die for us, so he uses self-control.
- Bible Point: Self-control is a fruit of the Spirit.
- Summary Verse: "But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!" (Galatians 5:22-23).

Dig Deeper

- You'll Be Teaching: *Self-control is a fruit of the Spirit.* Of all the fruits of the Spirit, self-control may be the hardest for kids. From preschoolers to preteens, kids often express frustration with feeling like they're trying really hard to meet expectations, but they just can't do it. While self-control is a God-given fruit, developmentally it takes some time to mature. Show some grace as this fruit is budding in kids, and let this lesson be empowering rather than shaming.
- Think About: Think back on your childhood. When was self-control the hardest for you?

Dig In to Prayer

- Ask God to give *you* grace when your kids seem out of control and to give your kids self-control when you're running short on grace.

Quick Tip

- Some kids may need a little extra help with self-control. For example, some kids learn best when their hands are busy, so fidget-buster toys can be helpful for those kids. Other kids are distracted by things in their hands and need help removing those distractions. Without shaming kids, give them a hand. Help them discover what's the most effective way for them to have self-control, and give them tools for success.