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ARISE CHRONICLE

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## Lesson Number 4 Activity!

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### **The Truth About Self-Control**

1. What do you think Proverbs 25:28 means?

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2. Why do you think it is so important that we have self-control?

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Galatians 5:22-23

Self-control is a fruit of the Spirit. If you are living a life in the Spirit, you will exercise self-control.

1. Does this mean, then, that someone living without self-control is not living in the Spirit?

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2. As you look around our world, what are some ways you see people living out of control?

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