

MAR THOMA
CHURCH of SILICON
VALLEY
SUNDAY SCHOOL

The Fruit of the Spirit is Self-Control Newsletter |15| July 18, 2020

Self-control is being in charge of your feelings, actions, and thoughts. Having self-control means being able to guide our thoughts and actions so that we're not just flying around out of control. It is showing kindness to someone who has just hurt your feelings. It is obeying your mom right away when she asks you to clean your room instead of arguing. It is waiting for your friends to finish singing the birthday song to blow out your candles. The temptation of a yummy birthday cake is so great that the waiting can feel really hard! Self-control is almost always very hard! A lot of times self-control goes beyond just making ourselves do what is right and good. It also involves fighting against a desire or temptation to sin.

As a person who never sinned, Jesus practiced self-control perfectly! Just like with every other Fruit of the Spirit, He is our model. The Holy spirit is our helper in developing self-control, we have to as believers be willing to submit to the Holy Spirit & walk in the Spirit.

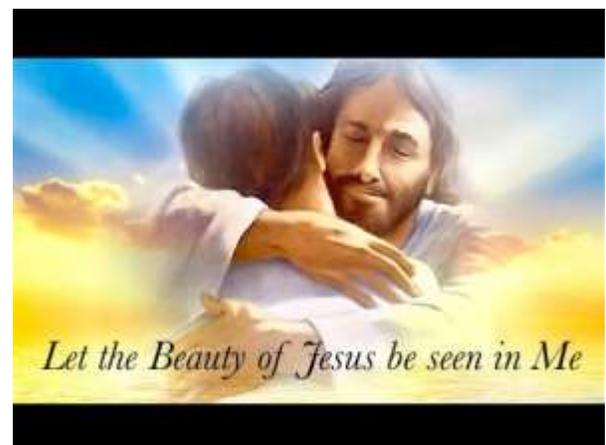
Jesus has redeemed us so that we may become more and more like him. We will never be perfect, but we need to have our eyes fixed on Jesus. The Holy Spirit is our compass, pointing to Jesus. He is our North Star!

Worship

My God is so big (with Lyrics)



Let the beauty of Jesus be seen (with Lyrics)





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Bible Passage
Matthew 4:1-11



Devotion
Rev. Larry Varghese



Memory Verse

Matthew 11:29

11 For the grace of God has appeared that offers salvation to all people. 12 It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age

The Temptation of Jesus

4 Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. **2** He fasted forty days and forty nights, and afterwards he was famished. **3** The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." **4** But he answered, "It is written,

'One does not live by bread alone,
but by every word that comes from the mouth of God.'

5 Then the devil took him to the holy city and placed him on the pinnacle of the temple, **6** saying to him, "If you are the Son of God, throw yourself down; for it is written,

'He will command his angels concerning you,'
and 'On their hands they will bear you up,
so that you will not dash your foot against a stone.'"

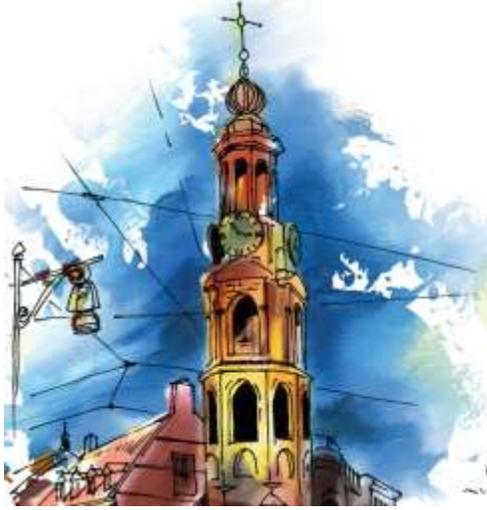
7 Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.'"

8 Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; **9** and he said to him, "All these I will give you, if you will fall down and worship me." **10** Jesus said to him, "Away with you, Satan! for it is written,

'Worship the Lord your God,
and serve only him.'"

11 Then the devil left him, and suddenly angels came and waited on him.





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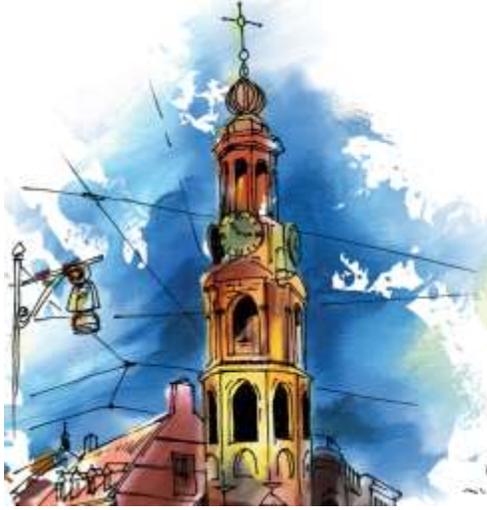
Video Resources

Use these videos to learn more about this week's theme.

Pre-school & Elementary

Middle & High School





MAR THOMA CHURCH of SILICON VALLEY SUNDAY SCHOOL

Prayer

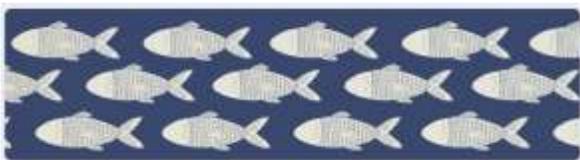
Dear God,

We thank you for all that you are to us, without you we have no purpose. As we finish learning about the Fruit of the Spirit, we pray you to pour out your spirit into our lives that we may be transformed to be more like you. Lord, we thank you for Jesus, to whom we look to find all that is beautiful and perfect. Make our heart soft that we may receive your word, our eyes opened to see your goodness and our paths lighted that we may know your will for our lives. Abide with us and make us whole, in your precious name we pray.

Amen.

Questions?

Submit questions using the form below



Sunday School Q&A

Feedback

Contact Mrs. Sherine Koshy
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References

<https://resourceforkidsministry.com/2017/08/23/self-control-fruit-of-the-spirit/>

<https://ministry-to-children.com/self-control-bible-lesson-fruit-of-the-spirit/>