

SELF-CONTROL: SAY YES TO GOD

February 28, 2026

Bible Readings

Take a few minutes to read the Bible verses listed and ask the Holy Spirit to lead you in how this verse applies to you this week.

Matthew 22:34-40

Memory Verse

²² God's Spirit makes us loving, happy, peaceful, patient, kind, good, faithful, ²³ gentle, and self-controlled. There is no law against behaving in any of these ways.

Galatians 5:22-23



CASEY'S DAY

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Self-control is the last fruit of the Spirit on the list. Why is that? Maybe it's because self-control is really hard! We don't always want to say "no" to things we want. We like to do things our way. We might even think other people should always listen to us and give us what we ask for. But is that the best way?

Take a step back and see what Jesus says.

One day, some religious leaders tried to test Jesus with tricky questions. One asked, "Teacher, what is the most important commandment?"

Jesus answered, "Love the Lord your God with all your heart, soul, and mind. This is the first and most important commandment. The second most important commandment is like this one. And it is, 'Love others as much as you love yourself'" (Matthew 22:34-40).

So, how do we show love for God and others?

- Have you ever let someone else take the biggest cookie, even when you wanted it?
- Have you ever cheered for a friend's success instead of feeling jealous?
- Have you ever listened patiently without interrupting when your parents were talking to you?
- Have you ever given to those in need because you wanted to help?

All of these things take self-control! And if you look closely, you'll see kindness, joy, patience, and love in each one. These are all the **fruit of the Spirit!**

Maybe that's why self-control is last on the list. It helps us live out all the other fruits. When we choose self-control, we can say **yes** to God, obey, and follow him. We can put others first. We can live with joy, peace, patience, kindness, goodness, faithfulness, and gentleness.

So today, practice self-control. Love God and love others with all your heart!

Prayer

Lord, help me love you and others with all my heart. Give me the strength to choose self-control each day. Teach me to be kind, patient, and joyful. May my life show your love in all I do. Amen.

written by Ron VandenBurg

<https://kidscorner.net/devotions/self-control-say-yes-to-god>
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