

# The Weekly Seedling

Summer 2016: Life by the Spirit



## Weekly Challenge:

This week we're focusing on SELF-CONTROL! Don't forget there are solitude guides on self-control (and the rest of the fruit of the Spirit) in the lounge, if you are interested. Take time this week to find ways that you can learn a little bit more about self-control, and set goals for ways you can show self-control in your life – whether that's for your time, money, attitude, or anything else!



*Boris attempts to eat the flaming hot dog!*

## Jokes of the Week!

Q: Why did the orange fail his driving test?

A: Because he kept peeling out!

Q: How do you make a strawberry shake?

A: You put it in the freezer!

Q: What is green and comes down the mountain?

A: A skiwi!

Q: Why do oranges have to wear suntan lotion?

A: Because they peel!





# Life by the Spirit

This week we have been talking about the last part of the fruit of the Spirit – self-control. And as we have learned and discussed, it is not always an easy fruit to bear. Perhaps another good way to describe self-control is self-discipline.

Some experts say it takes twenty-one days to break or form a habit. And if you take that statement only at face value, it would be easy to think “wow, if I only get up early to read my Bible for twenty-one days in a row, it will be easy after that!” Unfortunately, that simply is not the case. Spiritual self-discipline is not an easy task to do, and if it were, there would be little need for the Holy Spirit in our lives. The Holy Spirit can gift us with the strength to display self-control, but we need to really rely on the Spirit as our source of strength and power if self-control is going to be fully practiced and evident in our lives.

Think about your own life. Do you rely on the Holy Spirit to help you practice self-control? Or do you rely on your own strength to make it through the day?

