

Prayer for self control

Father God, please guide us to know and understand what we need to seek self-control for.

Help us to spend time with You so that we follow your way of doing things and not the world's.

Help us to remember we are never on our own in practising self-control. You are there with us and your Spirit goes with us always.

Thank you Lord, that even though we may stumble in our self-control sometimes, you are there to pick us up back up and forgive us. Guide us to grow in strength to make the right choices so that we can exercise temperance more faithfully.

In your name I pray, Amen

<https://www.youtube.com/watch?v=rW9MbYQrTUI>

Catholic Character Education

Staff Meeting 8.2.22

Our School Gospel Virtue - Self Control



'If anyone strikes you on the cheek, offer the other also.' (Luke 6: 29)

How can we promote Virtue Literacy?



Our School Gospel Virtues



*'I have come that they may
have life and have it to the full'*
John 10:10

What is self control?

Why do we need the virtue of temperance?

The ninth and last fruit of the Spirit is Self-control.

The Greek word translated as 'self-control,' *egkrateia*, is derived from two other Greek words—*en* and *kratos*. *En* means 'in' and *kratos* means 'strength' or 'power.'

The Bible typically refers to self-control as 'temperance,' meaning self-restraint or moderation.

But the fruit of the Spirit is



against such things there is no law.

Galatians 5:22-23

Greek Translation

Egkrateria – (self control or temperance) is the spirit which has mastered its desires and its love of pleasure....It is the virtue which makes a man a master of himself that he is fit to be the servant of others.

What is Self Control?

TEMPERANCE:

- You are not overtaken by powerful feelings or emotions and things you want.
- You balance your strong emotions and things you want with what is best for you and other people.
- You know that seeking only what you want or always getting what you want isn't good for you or other people.

As you grow in self control, you are able to balance your emotions and what you want with your own needs and the needs of others and the environment.



**FOR GOD GAVE US A
SPIRIT NOT OF FEAR BUT
OF POWER AND LOVE AND
SELF-CONTROL.**

2 TIMOTHY 1:7

ConnectUs

We are not alone in our journey to live God's way. We need to **seek God** to find out what we need self-control for (our thoughts, our words, our actions).

As self-control is given to us by God, the first place to start practising it is by spending time with Him. How can we do this?

Surrendering control to Christ

Biblical self-control means choosing to give up trying to control things on our own, surrendering to God for help, and working alongside Him for real change.

True self-control is not about bringing our selves under our own control, **but under the power of Christ**

The idea of controlling one's own self presumes at least two things:

- 1) the presence of something within us that needs to be controlled
- 2) the possibility in us, or through us, for drawing on some source of power to restrain it

Self control includes our minds and our emotions — not just our outward actions, but our internal state.

Controlling ourselves is about being controlled by Christ.

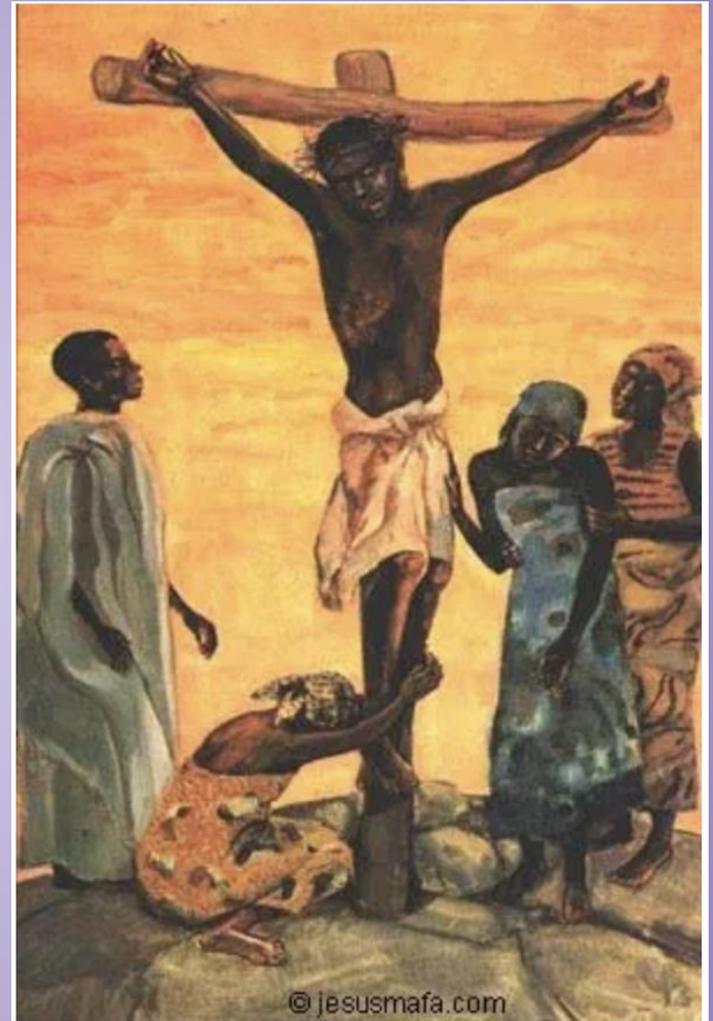
When “the love of Christ controls us” (2 Corinthians 5:14), when we embrace the truth that he is our sovereign, and God has “left nothing outside his control” (Hebrews 2:8).

We can find strength in Jesus, “the grace of God has appeared . . . training us” — not just “to renounce ungodliness and worldly passions,” but “to live self-controlled, upright, and godly lives in the present age” (Titus 2:11–12).

Jesus' obedience to God's will

In every trial and temptation Jesus “learned obedience through what he suffered” (Hebrews 5:8), and at the pinnacle of his self-control he was “obedient to the point of death, even death on a cross” (Philippians 2:8).

He is the one who strengthens us
(1 Timothy 1:12; Philippians 4:13).

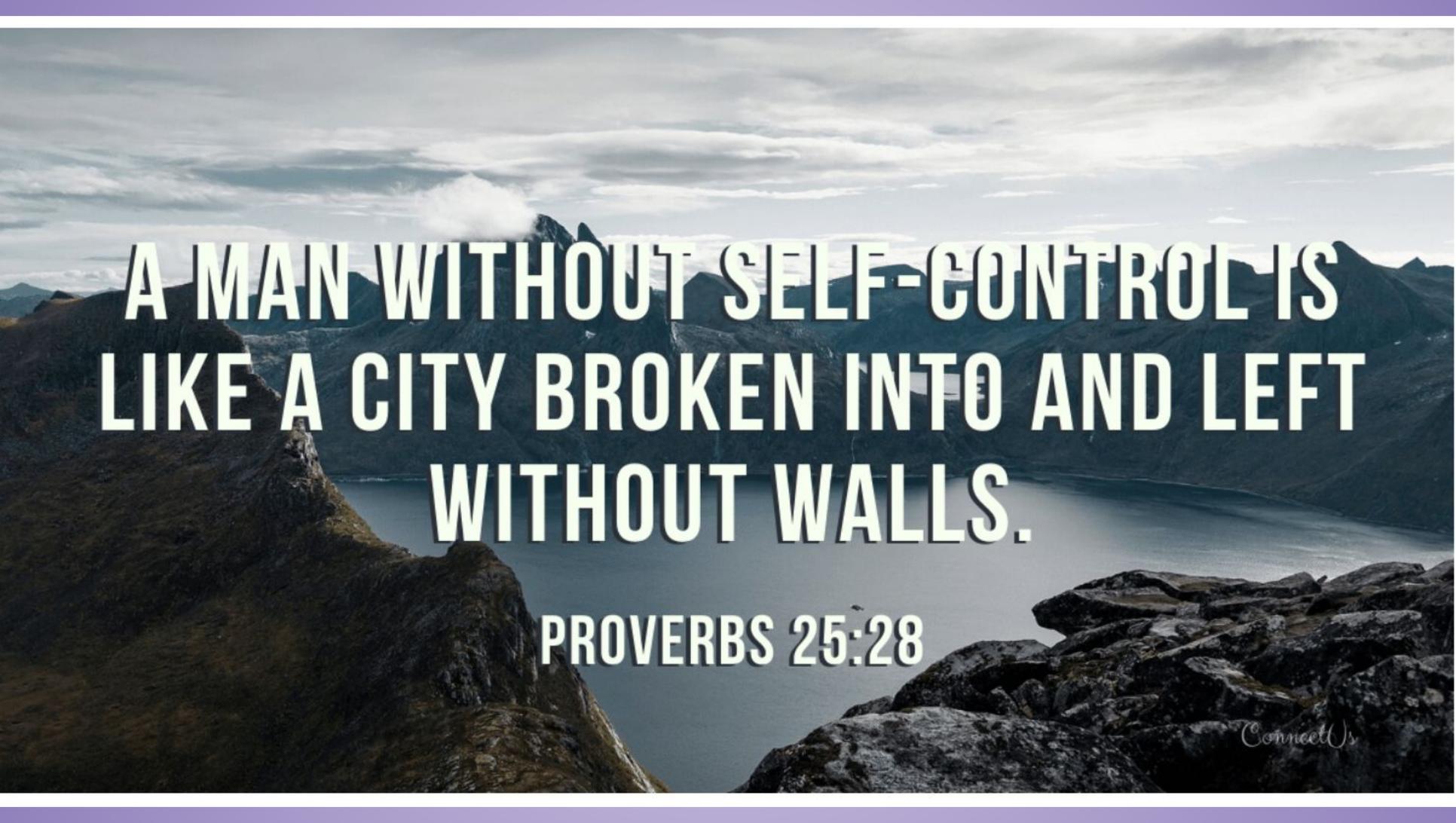




ROLE MODEL OF SELF CONTROL

Jesus in the Wilderness (Matthew 4:1–11)

Jesus is the perfect expression of all the fruits of the Spirit, including self-control. Jesus is kindness, goodness, love, and patience. We can look to Jesus and pray to become more like Him in every way, including self-control.



**A MAN WITHOUT SELF-CONTROL IS
LIKE A CITY BROKEN INTO AND LEFT
WITHOUT WALLS.**

PROVERBS 25:28

ConnectUs

Scripture references

'And because of His glory and excellence, He has given us great and precious promises. These are the promises that enable you to share His divine nature and escape the world's corruption caused by human desires.' 2 Peter 1:4

So, we have our **human nature** and because of Jesus' sacrifice, we have God's **divine nature** that we are allowed to share in.

"For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other. Galatians 5:17

The Holy Spirit has been sent to help us. God tells us to "live by the Spirit, and you will not gratify the desires of the sinful nature." **If we live by the Spirit, we will be able to maintain self-control.**

Further Scripture references

“Everyone should be quick to listen, slow to speak and slow to become angry.” (James 1:19)

“Be hospitable, a lover of good, self-controlled, upright, holy, and disciplined.” (Titus 1:8)

Other sources

“Observe due measure; moderation is best in all things” (Hesiod, Ancient Greek poet)



How can we show the fruits of the Spirit are alive and growing within us?



What would you look like if you were able to gain self-control through walking in the Holy Spirit?

Would there be less of those moments when you weren't walking in love? Fewer instances when you said something that wasn't kind, and then regretted it or tried to exalt yourself instead of being humble and counting on God to exalt you?

Allowing God's Spirit to develop this spiritual fruit within you gives you the help you need to walk in all 9 Fruits of the Spirit.

Gifts and Fruits

The gifts of the Holy Spirit are **the roots of the tree**, and the fruits of the Holy Spirit are, **the fruits of the tree**.

So the fruits of the Holy Spirit are the good habits- **virtues** - which grow gradually. They are the good deeds that come from living as a child of God.

Jesus said we would know people by their fruits not their gifts (Mat 7:16-23).

Gifts - spiritual capabilities

Fruits - spiritual character



TRICK BOX

How can trick box skills help us to practise self control?



Accept
Be
Choose
Do

Year of the Eucharist



Sharing the Body of Christ means that we need to go out in the world and be Christ-like.

In his Apostolic Exhortation on Holiness (*Gaudete et Exsultate* – ‘Rejoice and be glad’) (2018), Pope Francis reminds us that “When we receive him (Jesus) in Holy Communion, we renew our covenant with him and allow him to carry out ever more fully his work of transforming our lives... **Holiness is not based on prayer alone but on also serving those in need and in self-control.**”

We need the Eucharist to help us live lives of service/charity. The words of St Thomas Aquinas remind us that:

“The Eucharist is the sacrament of love; it signifies love; it produces love. The Eucharist is the consummation of the whole spiritual life.”

CST is rooted in Scripture and is our moral compass, guiding us on how to live out our faith in the world.

<https://www.youtube.com/watch?v=XNcBCPVbYDU>

The infographic is titled "An easy guide to Catholic Social Teaching" and is presented as a collage of paper scraps. At the top left is the Caritas Australia logo, which consists of a stylized cross made of four leaf-like shapes. The main content is organized into six horizontal rows, each with a principle on the left and a corresponding quote on the right. The principles are: Human Dignity, Common good, Solidarity, Subsidiarity, Participation, and Stewardship. The final principle, "Preferential Option for the poor", is listed at the bottom but does not have a quote. The quotes are: "Everyone is special.", "What is the best for everyone?", "We are all one big family.", "People should have a say!", "We all want to work and contribute to our communities.", and "We need to care for the earth." The entire graphic is set against a white background with a dark red border.

Caritas AUSTRALIA

An easy guide to Catholic Social Teaching

- Human Dignity**: Everyone is special.
- Common good**: What is the best for everyone?
- Solidarity**: We are all one big family.
- Subsidiarity**: People should have a say!
- Participation**: We all want to work and contribute to our communities.
- Stewardship**: We need to care for the earth.
- Preferential Option for the poor**: Some people need extra help.

How familiar are the children about the principles of CST?

SEE When we see something happening,
good or bad,

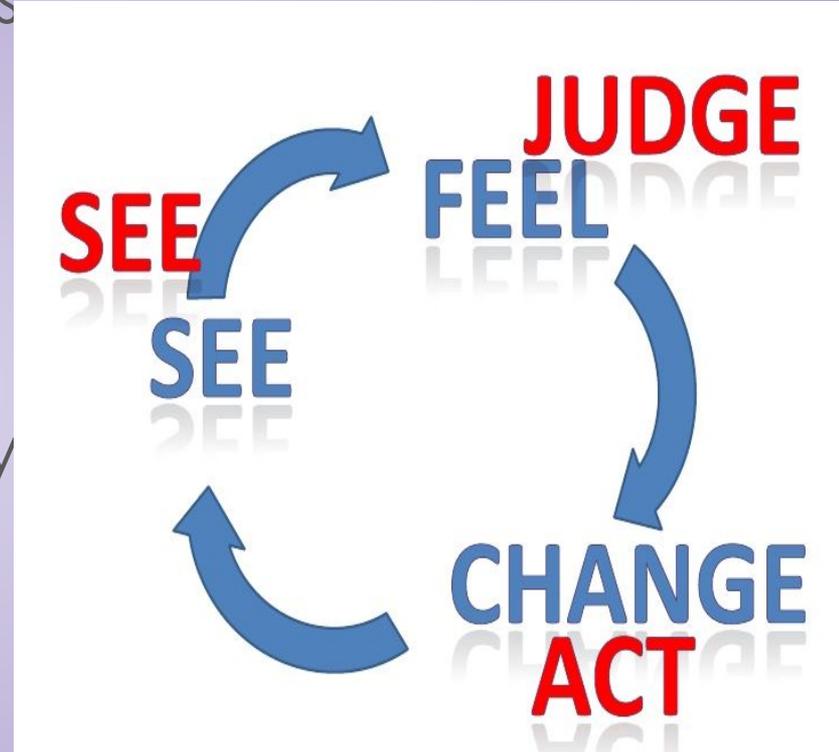
Catholic Social Teaching helps us to
think about it,

and **JUDGE** how to **ACT**

SEE: Look at the social justice issues affecting society. What is happening in the world?

JUDGE: Understand why this is happening. What does the Bible and Church teaching say about this situation?

ACT: What am I going to do about this?



Enquiry Questions - Spring 2

EYFS - How can we share and take turns?

Yr1 - What makes Britain great?

Yr2 - How do my choices impact the common good?

Yr3 - Are we mind or body?

Yr4 - What consequences can our actions have?

Yr5 - Is government spending on space exploration justified?

Yr6 - Does climate change affect people equally?

CAFOD resources

<https://cafod.org.uk/Education/Primary-teaching-resources/CST-resources-for-children>