

# Fruit of the Spirit—Self-Control

## Craft Activity

Today we are going to make a 'self controller' (a bit like the remote control that we use for the television) to help us explore what self control means. This idea comes from the [Club 252 blog](#).



1. Find a small box and cover it in tin foil.
2. Add some buttons (use stickers or cut shapes out of coloured paper). Try the following buttons:
  - STOP**— reminds us to stop before acting
  - PAUSE**— to ask God for His power to help us
  - POWER**—to do the right thing comes from the Holy Spirit
  - GUIDE**—the Holy Spirit is our guide
  - SELECT**—we can select the right words or actions
3. Decorate your self controller as you wish.

Have fun!