

CULTIVATING THE VIRTUES

Disciple of Christ, Education in Virtue®



NAME: _____



MASTERING
WITH TEMPERANCE

SELF-CONTROL

MEANING:

Joyful mastery over one's passions and desires

Lectio Divina Worksheet



1 Corinthians 9:24-27

Do you not know that those who run in a race all run, but only one receives the prize? Run in such a way that you may win. Everyone who competes in the games exercises self-control in all things. They then do it to receive a perishable wreath, but we an imperishable.

Think about a particular area in your life that you think Jesus is asking you to grow in the practice of self-control. Draw a picture about this.



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