

The background is a watercolor-style illustration with soft, blended colors of beige, cream, and light brown. The brushstrokes are visible, creating a textured, painterly effect. The overall mood is warm and serene.

# Self-Control

**The Fruit of the Spirit**



# God & self-control

# **We need self-control**

**Choose to follow God**  
**Remember that choice**  
**Don't test yourself**  
**Teach others**  
**Ask for help**

The background is a watercolor-style illustration with soft, blended colors in shades of beige, cream, and light brown. The brushstrokes are visible, creating a textured, painterly effect. The overall composition is centered and balanced.

**Jesus showed perfect  
self-control**