

Self control

How has worship helped you?



I always used to get angry but worship has helped me. (Y3)

Self-control helped me and my sister become closer (Y4)

I think self-control has helped me to keep calm when something has happened that I don't like. (Y4)

I think before I act because you don't know how people are feeling and it has helped my actions against others (Y5)

I don't shout I take a few breaths and calm down. (Y4)

I now use self-control because the first worship kicked in and helps me make good choices.. (Y3)

When my brother annoyed me I got mad but now after self-control - I've changed. (Y3)

Before I would get angry at the smallest of things but now I just shrug them off. (Y6)

Now I can count to ten and walk away. (Y6)

Self control helps me to be patient (Y3)

When someone has annoyed or angered me instead of shouting I quietly tell them to stop and walk away (Y5)

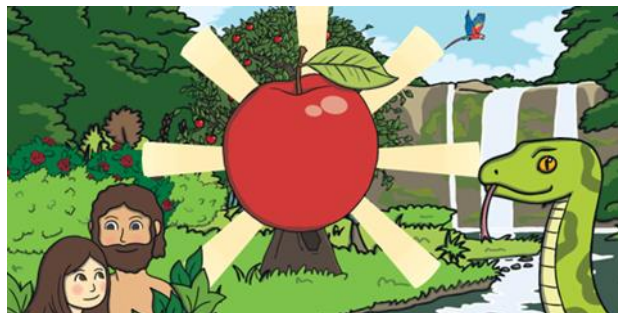
I don't get mad at simple things and calm myself down. (Y6)

In self control there was a traffic light to stop, think, go really helps me (Y6)

It helps me to stop when I need to (Y4)

A fool gives full vent to his anger, but a wise man keeps himself under control.

-Proverbs 29:11



Be:
*quick to listen,
slow to speak,
slow to anger*

James 1:19