

Gentleness & Self-Control

David — 1 Samuel 24:1-12

This Week's Big Idea

Gentleness and self-control choose God's way instead of our own.

Family Recap

David had the opportunity to hurt Saul, who had been treating him unfairly and unkindness. Instead, David chose gentleness and self-control. He trusted God to handle the situation rather than taking revenge himself.

Family Devotion

When someone hurts us or frustrates us, our first reaction may be anger. David teaches us that strength isn't getting even. Real strength is allowing God to guide our actions.

The Holy Spirit helps us pause, choose kindness, and respond in ways that honor God.

Talk About It

- When is it hardest to show self-control?
- What choice did David make?
- How can we respond differently when we're angry?

Fruit Challenge

Before responding in frustration this week, pause, take a deep breath, and pray, *"Jesus, help me choose Your way."*