

My Sermon Notes

Name:

Date:

Today's Sermon

Title: The R _____ of S _____ - C _____

Speaker: P _____ K _____

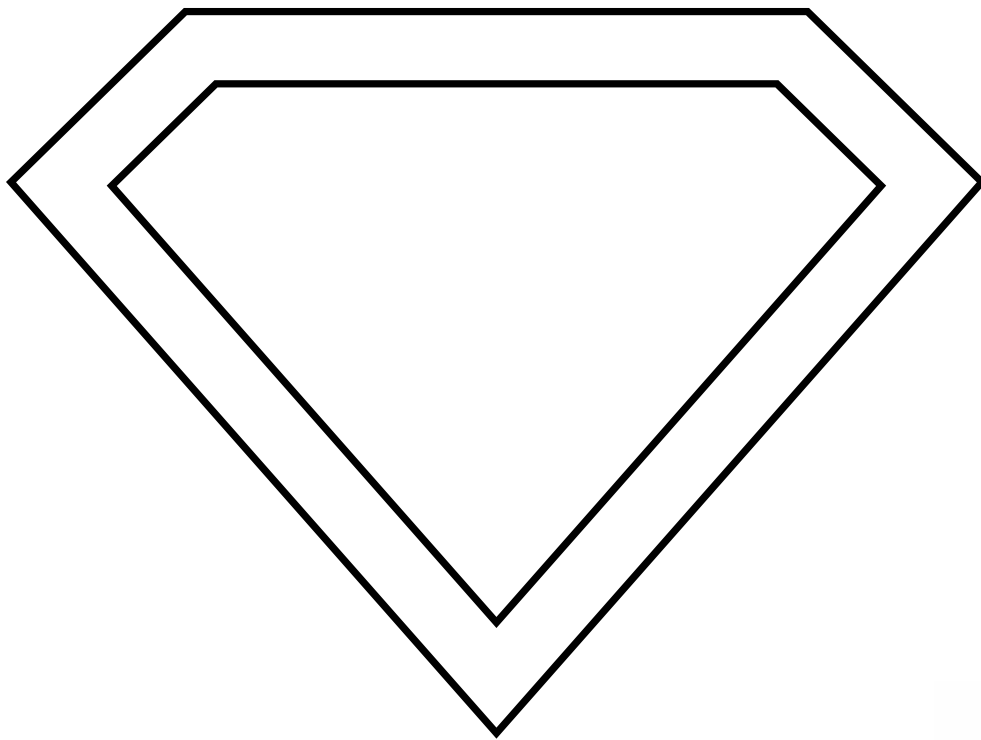
What is restraint?

Restraint means that you have some big feelings, like anger. We might want to hurt something but having restraint means we stop the action while we still have those feelings.

Re-l-a-t-i-o-n-s-h-i-p

Design it!

Design a logo for the superpower, self-control



Decode it!



A	B	C	D	E	F	G
H	I	J	K	L	M	N
O	P	Q	R	S	T	U
V	W	X	Y	Z		

Ephesians 4:26-27