

**Mom2Mom *The Fruit of the Spirit***  
**Self-Control & Meekness Application STUDENT NOTES**

**Teaching Time** (6:35-6:55 PM)

|  | <b>SELF-CONTROL</b> |
|--|---------------------|
| How do you apply this in your life?                                    |                     |
| How do you help your family apply this?                                |                     |
| How does the way you apply this change across ages and stages of life? |                     |

|  | <b>MEEKNESS</b> |
|--|-----------------|
| How do you apply this in your life?                                    |                 |
| How do you help your family apply this?                                |                 |
| How does the way you apply this change across ages and stages of life? |                 |

**Optional Memory Verse**

**Titus 2:11-12** *For the grace of God has appeared that offers salvation to all people. It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age,*

**Table Time (6:55-7:50 PM)**

**I. Discussion Questions (6:55-7:15 PM)** (\*\* is also a Large Group Discussion Question)

1. \*\* How would you like to grow in personal application of Self-Control and Meekness?
  
2. How do you think you might need to help your family grow in application of this topic?
  
3. \*\* How do you see the application of this topic affecting your children at their current age/stage?

**Reading Discussion Questions**

Discuss the questions on [Worksheet #7](#), which was assigned last week. [A helpful resource](#) including the passage discussed in this worksheet as well as some commentary was published on [www.faithlafayette.org/mom2mommember](http://www.faithlafayette.org/mom2mommember).

**II. Gather Prayer Requests (7:15-7:30 PM)**

| Person | Question 1: What is one thing you'd like to personally apply more deeply from the last two weeks of Mom2Mom? | Question 2: What is one way you'd like to see your family growing in application of this topic? |
|--------|--|---|
| 1      |  |   |
| 2      |  |   |
| 3      |  |   |
| 4      |  |   |
| 5      |  |   |
| 6      |  |   |
| 7      |  |   |
| 8      |  |   |

**III. Prayer as a Table about the prayer requests gathered this evening (7:30-7:40 PM)**

**IV. Large Group Discussion Questions (7:40-7:50 PM)**