

## Self-Control

*means*... restraining your actions, words, or feelings.

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Fools give full vent to their rage, but the wise bring calm in the end.

**PROVERBS 29:11 NIV** 



## Self-Control

## LET'S DIG DEEPER!

What's a good way to hold back from saying something mean about someone?

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I Dare 1

You demonstrated self-control. Here is a coupon to...

