



# Overview: Self-Control (Joseph)



## *Story:*

Joseph was the son of Jacob and Rachael. He had ten older brothers and one younger brother. Joseph's older brothers were jealous of their father's love for him. They hated him because he told them about his dreams that one day, they would all bow down to him. Joseph's brothers made plans to kill him by throwing him in a pit and telling their father a wild animal ate him. After being thrown into the pit, they decided not to kill him but to sell him into slavery.

## *Key Bible Verses:*

- Joseph became the slave of Potiphar, who was an officer of Pharaoh, and God showed favor to Joseph to succeed in everything. (Gen. 39:1-6)
- Potiphar's wife tempted Joseph but he could not sin against God, so she told lies about him and he was put in prison. (Gen. 39:7-20)
- Joseph's ability to interpret dreams got him out of prison and into Pharaoh's house, where he became a ruler over Egypt. (Gen.:41).
- Joseph's family settled in Egypt to escape the famine, and they reunited like Joseph dreamed. (Gen. 42-50).

## *Lessons from Joseph*

Joseph was the favored son who brought an evil report about his brothers to his father. He shared dreams about ruling over his family, and his brothers hated him. Joseph had to learn to control his words and actions as a boy. He faced many temptations not to trust God, but Joseph had great faith and feared God. God loved him and gave him self-control to resist the sin of power and pride as Joseph rose from a pit to a palace prince ruling over Egypt. Joseph didn't want to sin because that would separate him from God, the one he loved above all else. God was present and active in Joseph's life during good times and bad, allowing him to survive the evil done to him. God blessed Joseph and made him a blessing to others, turning what others meant for harm into good. **God gives us power for self-control. (2 Tim. 1:7)**



# Lesson: Self-Control (Joseph)

*God gives us power for self-control. (2 Tim. 1:7)*

## *What is self-control?*

- Self-control means controlling your emotions, desires, and actions in a way that honors God and benefits others over yourself.
- Self-control means choosing goodness while loving God and others in REAL (Respect, Encourage, Accept, Love) relationships.

## *Fearing and Trusting God*

- Fearing God means we honor Him because we love Him and know He has wisdom, power, and authority above everyone else.
- We trust God loves us and never leaves us alone in good or bad times, we obey and want to do good, even to those who hurt us.

## *How can I have self-control?*

- Know that God will never leave us alone, He is to be honored above all else, and trust He loves us and gives us His power for self-control.
- Practice saying no to temptation because practice makes habits and produces discipline, then pray for God's power to resist sin.

## *Role-play*

- Conversation Starter: Have you ever lost your temper?  
Thought Challenge: Do you think God was with you in your anger?
- Conversation Starter: Do you think it's hard not to get angry?  
Thought Challenge: What would anger using self-control look like?

## *Lessons*

- Giving in to the temptation to do something against God is always the wrong choice because it separates us from God.
- We may have to suffer for doing the right thing, but in the end, God promises he will bless us.

# Scripture: Self-Control (Joseph)



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How then can I do this great wickedness and sin against God? (Gen. 39:9)

On the third day Joseph said to them, "Do this and you will live, for I fear God: (Gen. 42:18)

But the LORD was with Joseph and showed him steadfast love and gave him favor. (Gen. 39:21)

The keeper of the prison paid no attention to anything that was in Joseph's charge, because the LORD was with him. (Gen. 39:23)

As for you, you meant evil against me, but God meant it for good, to bring it about that many people should be kept alive, as they are today. (Genesis 50:20)

God gives us power for self-control. (2 Timothy 1:7)

# Take-away: Self-Control (Joseph)

*God gives us power for self-control. (2 Timothy 1:7)*



Joseph resisted temptations and trusted God because he feared God and Joseph knew God was always with him.