

Self-control

30 Day Bible Reading Challenge

with Bonus Journaling Prompts

Sweet Smelling Fruit: Cultivating a Heart that Lives by the Spirit

Part 1 in a series on the Fruits of the Spirit

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law." Galatians 5:22-23 [ESV]

1. Matthew 4:1-11
2. 2 Timothy 3:16-17
3. Hebrews 4:12
4. Jeremiah 23:29
5. 1 Peter 5:8
6. James 4:7
7. 2 Timothy 1:7
8. 1 Peter 1:13
9. Ephesians 6:10-18
10. Matthew 26:41
11. 1 Peter 4:7
12. Matthew 6:9-13
13. Luke 11:28
14. Proverbs 2:1-5
15. Proverbs 2:6-8
16. Galatians 5:13
17. Galatians 5:16-21
18. 1 Cor. 7:4-5,8-9
19. Proverbs 14:16
20. Proverbs 21:23
21. Proverbs 25:28
22. Proverbs 29:11
23. 1 Thess. 4:3-5
24. 1 John 2:16-17
25. 1 Peter 1:14
26. Romans 6:12-14
27. Romans 6: 16-18
28. 1 Corinthians 10:13
29. Hebrews 2:18
30. Hebrews 4:15

Journaling Prompts

Pray before you begin. Ask God to prepare your heart to receive and understand anything He wants you to learn or be reminded of as you study His word.

Bible verse: _____

Date: _____

IDENTIFICATION

Identify what's going on in the passage you're reading. For example: Is there an event taking place in this passage? Who is it about? When & where does it take place? Is someone speaking? If so who are they speaking to?

DIRECTION

What truth is this passage directing us to see in God's word? Is there a particular sin the scripture is pointing out? Is it reminding us of a command or promise?

ENCOURAGEMENT

What is this passage encouraging us to do? Is it inspiring us to make a change? Does it offer comfort? Hope?

APPLICATION

How can we personally apply the truth and wisdom in this passage to our lives?
