

Self-Control

vs. Self-Indulgence

Doing what is right even when I don't feel like it.

I choose to:

- Think before I act.
- Control my temper.
- Respect others and their belongings.
- Sit still and be quiet.
- Build healthy habits.



Self-control in the home includes:

- * Being careful to speak words that would only encourage and not tear down one another, even when irritated.
- * Family members controlling their temper and resolving anger situations.
- * Parents developing in their children good habits of healthy nutrition, exercise, rising early and a daily schedule.

The Benefits of Self-Control

Freedom - Daily practicing positive habits and disciplines brings freedom from bad habits.

Fortitude - A fortress with broken walls can no longer defend itself. Similarly, when people allow their anger to burst out, they weaken themselves and fracture the relationships around them.

Self-control is transforming desires to please self into desires to please God.



Small, yet agile and a skillful climber, the honey possum, resides in south-west Western Australia. These possums use their long prehensile tails to latch onto twigs and reach out to blossoms and flowers. Self-control is vital in every area of the honey possums' life – whether eating, sleeping or watching out for predators.

Personal Evaluation

How much self-control do you have?

Do you give more time to spiritual pursuits than to the things of the world?
Do you bring your thoughts into captivity to the obedience of Christ?
Do you acknowledge your weaknesses so you can experience the power of Christ?

Do you ever erupt in uncontrollable anger?
Do you control your eating so you are healthy?

Begin to reform the world by first reforming yourself.