



Self-Control Is Within Your Reach

“I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the Lord who made heaven and earth.”

Psalm 121:1-2

“For The grace of God teaches us to say “No” to our ungodliness and worldly passions and to live self-controlled upright and godly lives in this present age.”

I love See’s Candy! Don’t you? Once I bought a box on sale after Valentine’s Day and kept testing each chocolate to see which one I liked best. Afterwards, I paid the price because I paid the consequence and developed a terrible stomach ache. There was nothing wrong with those See’s yummy, nutty chocolates; the problem was my lack of self-control.

Self-control is a virtue which means we must make commitments to certain behaviors and say “No” to others. It is pointedly the ninth characteristic of Christ known as the “Fruits Of The Spirit”, which are known as love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and *self-control*. Galatians 5:22-23

We know that sinful things are off limits, but there are many beneficial things that need restraint like food, for instance. We need love the taste of food and we need it for survival, but if we become too indulgent, it can cause a problem with our weight. We need and enjoy spending money, but if we spend too much of it, we may not be able to pay our bills. Likewise, there are times we need to calm our anger and control our tongue in order to keep the peace. So what keeps us from pursuing our self-control? The answer is the low priority we place on it because of the lack of determination and commitment to follow through with it.

Self-control means we stay on course whether we feel like it or not. Are you saying,

“Pastor Jeanne, “I need help. No matter how hard I try, I just can’t control myself.” How can I ever change?”

My friend, the One who helps us, the One who guides us and who gives us the strength to overcome whatever problem we are facing is the Holy Spirit. Why don't you go to Him with this prayer?

Heavenly Father,

Please send me your Holy Spirit to guide me and help me overcome this problem and teach me self-control. I am turning to you for help. I know now that I need all the characteristics of Jesus in my life, especially self-control. Please forgive me of my sins, Lord Jesus and put your heart in mine. In your name I pray, Amen.

God Bless Your Day
Jesus Loves You



Pastor Jeanne

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