

## DAILY READING: SELF-CONTROL

Self-control is having control over your actions and behaviors. Self-control is a fruit of the Holy Spirit. This means when I choose to live in obedience to God, as a follower of Jesus, the Holy Spirit produces self-control in me.

As a follower of Jesus, I am being transformed by the Holy Spirit. I am becoming more like Jesus. Jesus has perfect self-control. I need to be honest with God about my weaknesses and allow Him to remove things from my life that separate me from Him. Self-control is necessary in every area of my life. When I am feeling out of control, I will ask the Holy Spirit to help me. Though there is not a set of rules I can follow to turn myself into a self-controlled person, there are things I can do to help self-control grow in me. I will spend time praying, reading the Bible, and worshiping God. The Holy Spirit helps me keep my heart focused on God's ways and plans so that I may have more self-control.

### DAILY STUDY: SELF-CONTROL

**DAY 1:** Live in Self-Control –

Galatians 5:19-26 (page 1159);  
2 Peter 1:5-7 (page 1229);  
Proverbs 25:28 (page 639)

**DAY 2:** Free from Sinful Nature –

Colossians 2:20-23 (page 1178); Romans 8:12-13 (page 1114);  
Galatians 5:26 (page 1159); Proverbs 5:21-23 (page 621)

**DAY 3:** Living in Discipline (*This type of discipline is something you choose to do regularly for learning and growing in the ways of Jesus. Example: time spent daily praying and listening to His Spirit*) – 1 Corinthians 9:24-27 (page 1134); Romans 7:14-25 (page 1113); Proverbs 5:23 (page 621)

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**DAY 4:** Self-Control in Speech – Matthew 15:11 (page 957);

James 3:7-12 (page 1224); Proverbs 29:11 (page 642); Psalm 141:3 (page 610)

**DAY 5:** Right Conduct – 1 Corinthians 7:5-7 (page 1132);

James 3:13-18 (page 1224); Genesis 39:7-12 (page 42)

**DAY 6:** Through the Tough Times – 1 Peter 1:6 (page 1228);

2 Timothy 3:1-5 (page 1199); Isaiah 53:7 (page 711)

**DAY 7:** More on Self-Control – Matthew 15:11-17 (page 957);

Proverbs 5:21-23 (page 621); Proverbs 16:32 (page 630);  
Proverbs 25:28 (page 639)

**Take time to learn the memory verse  
and have fun doing the activity.**

## ACTIVITY: Stop, Look and Listen

The rules for crossing the street, stop, look and listen, can also apply to learning self-control. Learning self-control requires help from the Holy Spirit. Self-control is also something you can practice.

### YOU WILL NEED:

- Stickers
- A sheet of paper divided into seven sections

### STEPS:

1. Make seven boxes on your paper.
2. Begin by praying and asking God to show you a behavior in which you need to practice more self-control. For example: interrupting other people's conversations, arguing, throwing temper tantrums, or eating sugary snacks between meals. Ask the Holy Spirit to help you increase self-control over this behavior.
3. Pray daily for God to help give you self-control.
4. Keep track to the times you are tested.
5. Put a sticker on your sheet for the days you practice self-control.

### MEMORY VERSE:

1 Peter 1:13-16  
"Don't slip back into your old ways of living to satisfy your own desires. You didn't know any better then. But now you must be holy in everything you do, just as God who chose you is holy."  
1 Peter 1:13-16

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