

## DAILY READING: SELF-CONTROL

With the fruit of the Holy Spirit in me, I live in the strength of self-control. While much of the world is focused on self-fulfillment, self-satisfaction, and self-awareness – God is working in me to produce self-control. Even though it is called self-control, I am actually Spirit-controlled and this is the healthiest version of me. As His follower, I am growing to be more like Him every day.

On my own I lack restraint and feel pulled into addictive or time-wasting habits. But the God impulse in me refocuses me on a bigger and better life. What is impossible on my own is made possible as I allow the Spirit to live through me. Though self-control is a natural by-product of the Spirit, it requires care and cultivation on my behalf. I will continue to train myself to live in the discipline and effort of prayer, Bible study and worship. My spiritual progress depends on my investment in these daily habits.

Self-control requires that I am honest with myself and God about my strengths and weaknesses, allowing Him to redirect my weaknesses. Self-control is not a matter of keeping rules. It is not legalism or willpower. It is about the replacement of my me-driven desires with more worthy ones that include others. Self-control leads to perseverance – keeping faith for a lifetime.

Self-control is not something I take pride in. I recognize there is no human effort that will make me right with God the Father. It is a God-thing. Just as Jesus died and was resurrected, self-control means the me-centered life dies and a more effective and attractive life rises in its place. Self-control touches every area of my life. I can do all things through Christ who gives me strength. With the fruit of the Holy Spirit in me, I live in the strength of self-control.

### MEMORY VERSE:

1 Peter 1:13-16

"So prepare your minds for action and exercise self-control. Put all your hope in the gracious salvation that will come to you when Jesus Christ is revealed to the world. So you must live as God's obedient children. 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 as holy. For the scriptures say, 'You must be holy because I am holy.'"

1 Peter 1:13-16

## DAILY STUDY: SELF-CONTROL

**DAY 1:** Live in Self-Control - Galatians 5:19-26 (Page 893);  
2 Peter 1:5-7 (Page 938); Proverbs 25:28 (Page 499)

**DAY 2:** Free from Sinful Nature - Colossians 2:20-23 (Page 903);  
Romans 8:12-13 (Page 862); Galatians 5:26 (Page 893);  
Proverbs 5:21-23 (Page 484)

**DAY 3:** Living in Discipline - 1 Corinthians 9:24-27 (Page 875);  
Romans 7:14-25 (Page 862); Proverbs 5:23 (Page 484)

**DAY 4:** Self-Control in Speech - Matthew 15:11 (Page 746);  
James 3:7-12 (Page 931); Proverbs 29:11 (Page 502); Psalm 141:3  
(Page 477)

**DAY 5:** Right Conduct - 1 Corinthians 7:5-7 (Page 873);  
James 3:13-18 (Page 931); Genesis 39:7-12 (Page 33)

**DAY 6:** Through the Tough Times - 1 Peter 1:6 (Page 934);  
2 Timothy 3:1-5 (Page 915); Isaiah 53:7 (Page 559)

**DAY 7:** More on Self-Control -  
Matthew 15:11-17 (Page 746);  
Proverbs 5:21-23 (Page 484);  
Proverbs 16:32 (Page 492);  
Proverbs 25:28 (Page 499).  
Read the Daily Reading  
once again and highlight  
things that stand out.  
Answer the three Life  
Transformation questions for  
growth in this area. Take time  
to learn the memory verse.

### ACTIVITY:

List three areas where you struggle with self-control. Pray about some alternate responses for the next time you feel like you are losing control. We do not actually lose control, we give it up. Ask the Holy Spirit to strengthen your self-control.

## LIFE TRANSFORMATION QUESTIONS:

1. As you read the Daily Reading, what stood out and why?
2. What action will you take to apply this truth? Be specific.
3. What areas of your life will benefit from this action? How and why?