



WHAT IS SELF-CONTROL IN THE CHRISTIAN LIFE?

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Self-control, as the name suggests, is the ability to keep things/something in check so it does not get out of control.

In the Christian life, self-control is one of the nine(9) fruits of the Holy Spirit.

Galatians 5:22; "But the fruit of the Holy Spirit is love, joy, peace, long-suffering, gentleness, goodness, faith, meekness, TEMPERANCE: against such there is no law."

One who lacks in this quality does not have the Spirit of God.

We live in a world plagued with things that which when controlled their end result is great harm.

In what areas of our lives is it needful to apply self-control?

The following are important areas in which practicing self-control is vital:

1.) In Marriage

-Married couples should be able to exercise self-control especially in matters pertaining to conjugal rights (sexual relations). Many who lack this fruit have ended up in sinful acts such as homosexuality, lesbianism, or even bestiality and rape. Others, spend most time thinking of such. Hence, they have no time to commit to pray.

The Bible says;

1 Corinthians 7:29; "But this I say, brethren, the time is short: it remaineth, that both they that have wives as though they had none;"

Since we do not have much time on earth, we should live wisely. As though nothing new added to our lives the moment we became one as a couple. In this way, we will focus on deepening our relationship with God and be more devoted to him.

2.) In the Day to Day Activities.



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-Placing us on earth, God intended that we work to earn our living. But we are to work and be mindful of our relationship with God. Getting lost into the activities of this life and forgetting about God could be dangerous. We therefore need to be careful, reminding ourselves that we've a task to commit to. We should set apart time to dedicate ourselves to God in prayer, studying the Bible and sharing the gospel.

1 Corinthians 7:31; "And they that use this world, as not abusing it; for the fashion of this world passeth away."

As we struggle to live a better life on earth, let's be sure that our daily routine to consecrating our lives to God is not altered. It's dangerous to neglect our relationship to God as we strive to live better in this life. Death intrudes at the moment when we least expect it. It might dawn on us while spiritually asleep. And death would open the door right away to something far worse - eternal hell!

1 Thessalonians 5:6-8; "Therefore let us not sleep, as do others; but let us watch and be sober. For they that sleep sleep in the night; and they that be drunken are drunken in the night. But let us who are of the day, be sober, putting on the breastplate of faith and love; and for an helmet, the hope of salvation."

3.) In Ministry.

-Servants of God should be humble as we serve others with our spiritual gifts.

Romans 12:3-5; "For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according as God hath dealt every man the measure of faith.

For as we have many members in one body and all members have not the same office: So we, being many, are one body in Christ, and every one member one of another."

Only Jesus alone possesses all the spiritual gifts. We are to be contented with what has been given us of God and serve him patiently. To crave for other gifts is wrong and limits our ability to serve others as God had purposed.



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We need to help each other in ministry. We should learn to appreciate those who have been gifted better than us and support everyone to thrive in their service to God. As we humbly offer our service to God in harmony, God is moved to lift and use us in much greater ways.

4.) In Working Righteousness.

Ecclesiastes 7:16; "Be not righteous over much; neither make thyself over wise: why shouldst thou destroy thyself?"

God desires that we live righteously. However, he warns us against being overly righteous. We're not to trust in ourselves (being wise in our own eyes). This leads to self-destruction.

Jesus told a parable of a Pharisee and a tax collector who went up in the temple to pray. The Pharisee prayed about himself, claiming how righteous he was and "not like other men." He praised himself; that he could fast twice a week and gave a tenth of all he got. The tax-collector, on the other hand, saw himself as a sinner and humbly asked for God's mercy. He realized that he had to rely solely on God's mercy and grace. At the end of the day, the latter went home justified (was declared righteous by God.)

Luke 18:14; "I tell you, this man went down to his house justified rather than the other: for every one that exalteth himself shall be abased; and he that humbleth himself shall be exalted."

Whenever we enter God's presence, let's be humble. It should be so when we go before fellow men. God delights in a humble spirit. He will himself declare you righteous. Let's keep our hearts from pride, self-praise and boasting.

5.) In Our Speech

Proverbs 10:19; "In the multitude of words there wanteth not sin: but he that refraineth his lips is wise."



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Why does the Bible not say: when words are few, sin is not lacking? When our tongue is not being used for constructive and useful purposes, we are more likely to get in trouble with it. But if we keep our speech edifying, productive and wholesome, we keep our souls from troubles.

Ecclesiastes 5:2; "Be not rash with thy mouth, and let not thine heart be hasty to utter anything before God: for God is in heaven and thou upon earth: therefore let thy words be few."

6.) In Foods and Drinks.

-Drinks such as wine were traditionally used by the Jews in Israel at their time. It was believed to cure certain illnesses. It was however taken in limited amounts.

-Paul instructed Timothy concerning deacons and the elderly woman in the churches, saying;

1 Timothy 3:8; "Likewise must the deacons be grace, not double-tongued, not given to much wine, not greedy of filthy lucre."

Today, various kinds of medicines have been manufactured for the purpose of treating/curing diseases. This calls for self-control in people's lives. There's now no reason to consume wine/alcohol in the name of its curative importance. Use of alcohol does no good but harm to one's body.

The Bible puts it clear that all drunkards have their place in the lake of fire (1 Cor. 6:10).

Your body is not meant for everything. And not everything is meant for your body. Therefore, eating and drinking should not be the extent of our Christian life. Learn to keep God's temple clean and in good care. At times make a fast and commit to pray. It is much beneficial.

7.) In How We Carry Ourselves Around (Character).

Titus 2:6; "Young men likewise exhort to be sober minded."



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He puts great emphasis on the need for youths to embrace self-control in their lives. He knows that born again young men and women tend to lack self-control at their youthful age.

Why spend a whole night awake in movies and cinema halls while you know that you have a task to do? It's unreasonable and senseless to stay all-day long watching videos and football games on Tv, instead of using this time to pray, study the Bible and telling others about Jesus.

It's unfit for young women who profess Godliness to try to live like the people of this world. Putting on wigs, trousers, expensive jewellery, and such like things, keeps you away from God. Rather, be modest in your character and adorn yourselves in decent apparel and self-control.

1 Timothy 2:9; "In like manner also, that women adorn themselves in modest apparel, with shamefacedness and sobriety; not with broided hair, or gold, or pearls, or costly array."

Also read Timothy 3:11.

A man's outward appearance earns honour and glory. Copying what the people of this world do adds nothing to your life. Therefore, groom as men of God ought to, and let your character reflect what you believe.

In conclusion, let's challenge ourselves by applying self-control in every of our lives. As we make every effort to live humbly, God will fill us with his indwelling Spirit to guide us in all we say and do.

Since we live in the end times, the Bible says;

1 Peter; "Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour."

The devil prowls around like a roaring lion looking for those who lack self-control so as to devour them. Be warned lest you fall prey to the devil.



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God bless you.

Maran atha!

Share this with message with others too.

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