

# August Self-Control



**Self-Control is a marking characteristic of a godly person.**

**A lack of self-control leaves us open to a lot of other sin in our life.**

## **Valuable Verses**

“My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.” James 1:19

“For the grace of God has appeared that offers salvation to all people. It teaches us to say ‘No’ to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age.” Titus 2:11-12

“‘I have the right to do anything,’ you say—but not everything is beneficial. ‘I have the right to do anything’—but I will not be mastered by anything.” 1 Corinthians 6:12

“It is not good to eat too much honey, nor is it honorable to search out matters that are too deep. Like a city whose walls are broken through is a person who lacks self-control.” Proverbs 25:27-28

## **A Word of Encouragement**

Imagine for a second, it's a Tuesday afternoon. You're driving, you're already two meals into the day and still have one to go. The only thing on your mind is making it to your next destination, until something stops you in your tracks. A bright red sign. It doesn't just catch your attention but it begins to take over your consciousness. “Hot Now” staring at you like the Eye of Sauron compelling you to do one thing and one thing only--pull over and eat some hot, fresh Krispy Kremes. Just 30 seconds ago, you didn't want a donut, you didn't need a donut, but one sign can change your direction. We can be so easily driven by our senses, by advertisements, all sorts of things that are driving us to things we don't need.

There's a reason the Bible talks so much about self-control and why it is so often used as a defining characteristic of someone living a Christian life. Even at The Fall, there was a lack of self-control as the serpent acted as a “Hot Now” sign and compelled the first two to partake in something that they did not need! (Not to say Krispy Kremes are sinful. You can eat them. It's just an illustration.)

The situations where we do not exhibit self-control often lead to regret and other sin. When we lack control in our emotions we do things we don't mean to do, when we lack control in our spending we buy things we can't afford, when we lack control of our mouths we hurt people we love. In our families, it is so important to keep each other accountable. So many other aspects of the Christian life are strengthened by the ability to maintain self-control. When we can keep this value it will help us live out the others.

## **Get the Conversation Going**

**Take a moment to discuss these questions as a family:**

- What's your favorite treat?
- Have you ever had too much of a good thing?
- In what situations do you ever feel like you lose control? What activity are you doing? Who are you with?
- How can other people be hurt when we don't control our words or actions?

Be sure to check the monthly activity page for age-appropriate ideas related to self-control.