



## Self-Control

### Description

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Self-control is an important part of living a Christian life. According to 1 Corinthians 9:25, “Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever.” This verse highlights the importance of discipline and self-control in the Christian life. Self-control is a way of demonstrating faith, as it requires trust in God and a willingness to obey Him, even when it’s hard.

### What is Self-Control?

Self-control is the ability to control one’s emotions, behavior, and desires in order to achieve a desired outcome. It is an important virtue for Christians, as it allows us to put God and His will first in our lives.

### The Bible and Self-Control

The Bible teaches that self-control is necessary for a Christian to live a life that pleases God. In Proverbs 25:28, it says, “A man without self-control is like a city broken into and left without walls.” This verse shows that a lack of self-control can lead to chaos and destruction. On the other hand, Galatians 5:22-23 says, “But

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the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.” This verse shows that self-control is one of the fruits of the Spirit, which is evidence that God desires us to have it.

## The Benefits of Self-Control

Self-control brings many benefits to our lives. It helps us to stay focused on our goals and to make wise decisions. It also helps us to live a life of purpose and to make choices that please God. Finally, it can help us to stay away from sin and to live a life of holiness.

## Ways to Increase Self-Control

There are several ways to increase self-control. The first is to set goals and to focus on achieving them. It is also important to practice self-discipline and to practice good habits. Finally, it is important to pray for strength and to rely on God's help.

**Rededication Prayers** : Dear Lord Jesus, I come to you today with a heart of repentance. I confess that I have strayed from your path and have not been living according to your will. But I am here to rededicate myself to you and to make a commitment to follow you with all my heart. I ask for your forgiveness and for the strength and guidance to walk in your ways. I thank you for your love, grace, and mercy. I give you my all, my heart, my mind, my soul, and my strength, I trust in you and I pray this in Jesus' name, Amen. [Amen](#)

If you prayed the above prayers kindly click here to get more information

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## Quiz

1. What is self-control?

- A. The ability to control one's emotions, behavior, and desires
- B. A way of demonstrating faith
- C. A fruit of the Spirit
- D. All of the above

2. According to Proverbs 25:28, what is a man without self-control like?

- A. A city without walls
- B. An army without weapons
- C. A ship without a sail
- D. A warrior without strength

3. What are some ways to increase self-control?

- A. Set goals and focus on achieving them
- B. Pray for strength
- C. Practice self-discipline
- D. All of the above

4. What does the Bible teach about self-control?

- A. That it is necessary for a Christian to live a life that pleases God
- B. That it can lead to chaos and destruction
- C. That it is a way of demonstrating faith
- D. All of the above

5. What are some of the benefits of self-control?

- A. It helps us make wise decisions
- B. It helps us stay away from sin
- C. It helps us live a life of purpose
- D. All of the above

Answers: 1. D, 2. A, 3. D, 4. D, 5. D

### **Discussion Questions**

1. In what ways have you seen the power of self-control in your own life?
2. How can we be encouraged to practice self-control when it is difficult?
3. What advice would you give to someone who is struggling with self-control?
4. How can we use the Bible to help us develop self-control?
5. In what ways can we rely on God to give us strength when we need it?

### **FAQs**

Q: What is self-control?

A: Self-control is the ability to control one's emotions, behavior, and desires in order to achieve a desired outcome.

Q: Why is self-control important for Christians?

A: Self-control is important for Christians because it allows us to put God and His will first in our lives. It also helps us to stay focused on our goals and to make wise decisions.

Q: How can we increase self-control?

A: Some ways to increase self-control include setting goals and focusing on achieving them, practicing self-discipline and good habits, and praying for strength and relying on God's help.

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