

# WORD OF THE DAY



## WORD OF THE DAY (Galatians 5:22-23)

"But the fruit of the Spirit is love, joy, peace, forbearance(patience), kindness, goodness, faithfulness, gentleness and **self-control**. Against such things there is no law." - NIV

## MEDITATE ON THIS ( **Self-Control** )



**The Ninth Fruit of the Spirit is Self-Control.** The word self-control is known to most Christians and non-Christians because it is used so often. In our world it is easy to observe the consequences that follow when people have lost control of themselves. The jails are filled with people who have lost control. People are living in financial hardship because they couldn't control their spending. And others are living as single parents or obligated to pay years of child support because they were not able to control their urges in the heat of the moment. When mastery of the self is not present, the consequences can be devastating.

**Who is in Control?** Although the fruit of self-control which characterizes one filled with the Holy Spirit involves control, it is not as the world teaches it. When the secular world thinks of self-control, it predominantly thinks about behavioral modification; whereas for the Christian self-control is a matter of heart transformation. Self control for the world is using self-insights to exert control over the self to do one's self-enlightened will. However for the Christian self control is a matter of letting go of control and allowing the Holy Spirit to be the one in control of us. Thus unlike the non-believer, the Christian obtains control of the self by giving control over the God.

-Your brother in Christ, **WNL**

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## THOUGHT FOR THE WEEK

Give control to God.

## PRAYER FOR THE WEEK

Dear God, thank you for your trait of self-control. Please help me to surrender full control of my will, my feelings, my thoughts and my emotions to you; knowing that your control is the best control. In Jesus name I pray. Amen.



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