

Self Control



If You Use Self Control

If you use self control, you can stop.

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Train yourself to do what's right

Pray to God with all your might

If you use self control, you can stop!

Self Control

Definition

Self Control- self disciplined, uses wise self restraint in mastering emotions and desires, doing something even when you don't feel like it

Opposite: Anger, arguing

Bible Memory:

Philippians 4:13

I can do everything through him who gives me strength.

Related Bible Verses:

1 Corinthians 9:24-27 *Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. 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. Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.*

Proverbs 25:28 *Like a city whose walls are broken down is a man who lacks self-control.*

1 Thessalonians 5:6b *but let us be alert and self-controlled*

James 1:19-20 *My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desire.*

1 Peter 5:8-10 *Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings. And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.*

Bible Stories:

Jacob with Laban

Joseph with his brothers or with Potipher's wife (Genesis 39)

David with Shimeai

If You Use Self Control

(Tune: If You're Happy and You Know It)

(By M. Hubbard)

If you use self control, you can stop. *(hold hand, palm out motioning to stop)*

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