



“I shall always be ready to remind you of these things...”  
2 Peter 1:21



## CABOT WESTSIDE CHURCH OF CHRIST

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### When We Meet

#### Sunday

Bible Classes – 9:00 am  
Worship – 10:00 am, 5:00 pm

#### Wednesday

Bible Classes – 7:00 pm

### Our Elders

R.D. Hopper  
Norman Kemper

### Our Deacons

Troy Hunter  
Kelly Kendall  
Tony Ramick

### Our Preacher

Alex Hale

## What Does Self-Control Look Like?

by Alex Hale

1. **People with self-control master their moods.** In order to be godly, you must control your mind (Phil 4:8; Col 3:1-4). Rick Warren has written, “Most of what gets done in the world is accomplished by people who do the right thing even when they don’t feel like it.” Again, this takes us back to the definition of self-control: “overruling your emotions because of a higher goal.”
2. **People with self-control restrain their reactions.** Many people make excuses because they do not seem to be able to control this in their lives. However, we are not helpless victims who cannot control ourselves! It is true that some people are prone to depression, anxiety, or impulsiveness. These people should not be excused for poor behavior, but must battle harder to gain control in this area. This is a mark of someone who is filled with the Spirit (Prov 19:11).
3. **People with self-control watch their words.** It could be argued that people sin with their words more than in any other way. Sinful speech includes abusive speech, even in jest, that tears down others (Col 3:8). It includes angry words and name-calling (Eph 4:29-32), lying (Eph 4:25), coarse speech (Eph 5:3-4), gossip and slander (Eph 4:31; Jas 4:11). Sinful speech also includes taking the Lord’s name in vain (Ex 20:7; Matt 6:9). Though we often focus on ungodly talk, it is also possible to use one’s words in a constructive way. This is what the godly person does (Eph 4:29; Prov 13:3).
4. **People with self-control stick to their schedule.** Often we make the excuse, “I don’t have time.” In reality, we all have time to do what we prioritize. Is godliness a priority for us? We must make the most of every opportunity (Eph 5:15-16).
5. **People with self-control manage their money.** People often complain that they do not have enough money to take care of things. Some Christians say they do not have enough money to pay their bills. A 2013 article said that the percentage a Christian gave to the church was 2.3%, lower than it had been since the Depression. I am convinced that the problem is not a lack of resources, but our inability to properly manage what the Lord has entrusted to us. Those with self-control learn to live on less than what they make, save the difference, and are able to give generously (Prov 21:20).
6. **People with self-control buffet their bodies.** Scripture calls our bodies the temple of the Holy Spirit and commands us to glorify God with our bodies (1 Cor 6:19-20; 9:27; 1 Thess 4:4). Controlling our body means a number of things, including getting proper rest, while avoiding the extremes of laziness and being a workaholic (Mark 6:31; Prov 19:15; 20:13). It includes getting proper exercise and eating a healthy diet that is rooted in moderation (Prov 23:2-3, 19-21; 25:16, 27; 31:4-5; Rom 13:2-3). It also includes controlling sexual desires and fulfilling those within the marriage relationship (1 Thess 4:2-3).

[adapted from a list by Rick Warren]