



“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

Developing Self-Control by Alex Hale

Self-control carries with it the idea of mastery. Ancient writer Philo described it as “having superiority over every desire.” Self-control is the ability to keep one’s passions and emotions in check in the pursuit of a higher, more noble goal. This virtue can impact one’s life in virtually every area. Those with self-control:

- ✓ Master their moods
- ✓ Restrain their reactions
- ✓ Watch their words
- ✓ Stick to their schedule
- ✓ Manage their money
- ✓ Buffet their bodies

As Christians, we recognize the importance of this attribute, yet we often struggle to get certain areas of our lives under control. We see the need to overcome sin, yet we often find ourselves going back to the same addictive behaviors. We know how important it is to be on time, yet we frequently find ourselves late. We believe that we would be spiritually stronger if we devoted a set time to study and prayer, yet we struggle to find the time. Simply put, **many of us say that self-control is important, but few of us have actually developed this virtue.**

How do we develop self-control?

1. **Determine your purpose in life.** Jesus had a purpose in life (Luke 19:10; John 17:4). Paul had a purpose in life (1 Corinthians 9:23; Philippians 3:8, 12). Scripture gives us a purpose in life (Matthew 6:33; Ecclesiastes 12:13).
2. **Establish goals that will help you reach that purpose.** Consider Paul’s illustration of an athlete who wants to win the prize (1 Corinthians 9:24-27). To get to that goal, Paul brought every area of his life under that purpose (1 Timothy 4:7). Honestly consider where you most need to grow. Determine your goals from scripture, not a self-help book. Your goals will include character qualities which need to be developed, as well as biblical activities which need to be practiced.
3. **Commit yourself to these goals and make conscious decisions based upon them.** Scripture shows us the need for change, but you must be willing to count the cost and commit yourself to these goals. The decisions we make should be made with the knowledge of whether those things will bring us closer to our goals or take us further away from them.
4. **Walk by the Spirit daily.** This is the foundation of the whole process (Galatians 5:16). Paul writes about the strong desires of the flesh which war against the Spirit. If you do not conquer these desires, you will not grow in godliness. No one wins a war accidentally! We must devote ourselves to the battle, committing to fight with everything we have. Walking by the Spirit means learning to depend on the Holy Spirit each day. It takes a power greater than ourselves. Both the image of walking and the image of a growing fruit suggest that this is a slow, deliberate process. There will be setbacks and disappointments along the way. However, it can be done!