

## Self-Control

### Scripture Reading — Galatians 5:16-26

*Losing self-control leaves you as helpless as a city without a wall. Proverbs 25:28 (CEV) —*

It really was a senseless thing to do. The young man had so much promise. Then he committed the terrible mistake that took his life in an accidental overdose. His friend, stumbling for words, mumbled, "It was so foolish, so very foolish." More lives are ruined by foolishness than by any other destructive force.

In ancient times a city that had no walls could never last long because it was prey to any enemy. A human being without self-control is equally defenseless.

Self-control is necessary because

there are many forces imposed on us in our world that aim to push us  
in the wrong direction.  
many forces within our own hearts aim to push us in the wrong direction.  
no one else will make our decisions for us.

Self-control must come from within. Therefore the growing Christian heart needs to develop an ability to discern right from wrong and good from evil, and at the same time it needs to develop strength and courage to choose the right and the good.

Galatians 5 tells us that the development of self-control is so crucial and difficult for us that it can come from no other source than the work of God's Holy Spirit within us. When you see self-control, you are seeing the Spirit's work!

### Prayer

*Lord, I face dangers and temptations every day. Give me today the strength of your Spirit, that I may choose the right and turn away from wrong. For Jesus' sake, Amen.*

**Devotion topics:** [Christianity](#), [Discipleship](#)

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