

Self-control



Galatians 5:22-23, BSB

²² But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, and **self-control**. Against such things there is no law.



Cultivating self-control can be quite difficult among the various virtues we strive to nurture, especially given the limitations of the human nature. It is essential to bear in mind that by welcoming the Holy Spirit to guide and develop us, we can observe a gradual and steady growth of this virtue within us.

Paul writes in 1 Corinthians 10:13, *The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.* (NLT)

The essence of self-control lies in not attempting to cultivate it independently. When we allow ourselves to be led by our own desires or physical impulses, we may struggle to resist temptation and lack the ability to exercise self-control. Therefore, to foster the growth of this virtue, it is crucial to rely on and trust in the guidance of the Holy Spirit, just as we do with other virtues.

- a. Do you encounter challenges in maintaining self-control in certain aspects of your life?
- b. How can you invite God to nurture this virtue within you?
- c. Have you confided in someone or found a companion to support you in developing your self-control?



Thank the Father that He grows self-control within us. Thank him that He gives us the tools and to with stand and endure temptation.