

# SELF CONTROL

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## Introduction

Self-Control... now there is a topic that many of us struggle with it. This book will give insight into how we live and how our actions can affect every situation that we find ourselves in.

Do we want to live at peace and maybe some of you think that you do. As you read you may realize that you are not the perfect person after all. There is work to be done on you and you coping with life in a different way than what you are used to. I sure hope you enjoy this book and learn something from my words. It took me a long time to learn to control  
“ME”



## Dedication

This book is for those who do not have much control over their thoughts, their actions and to those who because of lack of self-control have made themselves miserable and others too



## Meaning of Self-Control

*noun*

The ability to control oneself, in particular one's emotions and desires or the expression of them in one's behavior, especially in difficult situations.

"Lucy silently struggled for self-control"

*synonyms:* self-discipline, restraint, self-possession, selfcommand, willpower, composure, coolness; moderation, temperance, abstemiousness





## HOW DO YOU SEE YOURSELF?

First I wanted to talk to you about “YOU”, yes let’s talk about your thoughts, your feelings, your actions. Let’s discuss you for a few minutes. I always like this part because many have a hard time talking about themselves and when asked to describe themselves they are tongue tied.

OK let’s begin, I think you feel that you are a pretty well rounded person, that everything is pretty much together and you may feel comfortable with your lifestyle, your friends and those who you keep at a distance. Now I may be right but then again I may be wrong. Are you pretty confident when making a decision? Or do you jump around wondering what to do? To have Self-Control is to be IN CONTROL of YOU.

Now we looked at you and you seemed to be doing just fine, but let’s take a deeper look into the person that maybe is the real you. To do this let’s take a look at “ME”.

I can honestly say that today I feel I have “ALMOST” mastered “Self-Control” at least I understand it much better than I used too years ago.

I remember once when I was married. For some reason I used to have a bad temper. Now temper can sure get you into trouble. My temper didn't get me into much trouble but sure damaged a lot of things that I liked. Once my husband and I were having a disagreement, it went on and on and seemed to be escalating. I was getting so hot inside I wanted to scream. Instead of screaming I grabbed my favorite ornament. It was an antique that I had purchased of a woman sitting with a baby on her lap and two little children at her feet. It was about 80 years old and I had got a great deal on it. I think I only had paid \$25.00 for it a few years before and I cherished it. This day as I let my anger take over I didn't even realize that I had picked it up and threw it at my x's head as he headed for the door to leave. I missed of course as he saw it coming and backed up. He started to laugh and say "Isn't it funny how your lack of self-control just made you destroy your favorite thing?". I started to cry not because he was leaving but because I realized what he had just said to me was true. How could I have been so stupid? Well, I can honestly say that was the last thing I ever threw because I realized that day that something had to change in my life because I didn't have control over my actions at all. So I started to do some soul searching to find out what was wrong with me. Up

until that moment I really didn't think much was wrong with me at all but there was.

Many times we feel we have it all together, but we are really weak in many areas of our life. Time passes pretty quickly and as we look back on our life we see that some of the situations could have been avoided if we had only controlled our temper, our situations and our attitudes. It took me a long time learn and many tears later to realize that I needed help, but where could I turn.

Now I had given my life over to Jesus, asked Him to come into my heart but I was never taught that there was more. Sure, people would say "Just read your Bible, or just Pray" and I was sort of left in limbo. I did read my bible and I did pray but things just didn't seem to work for me and many times I wondered if Christ had even come into my heart. See, when we give our life over to Christ we take on a new Journey. We don't do the things that we used to do and many of us are real weak and find that when a situation comes along we look back instead of looking forward. I know you are probably saying right now that you can relate a bit with me, but I was like that and I knew I had to find some answers if I wanted me life to really change. Here is what I did.

Let's take our temper..... I realized that each time I lost my temper I hurt myself more than I hurt anyone else around me. I would destroy things that meant a lot to me and they just walked away not caring. I knew that my temper was hurting **JUST ME** and that I was going to stop and think about things before I took a step further. When a situation arose and I could feel the anger build up inside of me, I took control over "ME". Now you are probably saying that it sounds almost impossible but it isn't. You can do it and do it successfully. If I can, you can.

I found that my mind had to be changed and I wanted to learn how to change it. I did read my Bible and I did Pray but I wanted to know more about my temper and how to overcome my rage.

Here are some scriptures that I think you will find interesting...

James 1:19 - Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath:

Ecclesiastes 7:9 - Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.

John 14:27 - Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

Ephesians 4:26 - Be ye angry, and sin not: let not the sun go down upon your wrath:

Proverbs 16:32 - [He that is] slow to anger [is] better than the mighty; and he that ruleth his spirit than he that taketh a city.

2 Timothy 2:24 - And the servant of the Lord must not strive; but be gentle unto all [men], apt to teach, patient,

Galatians 5:22 - But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,

Proverbs 22:6 - Train up a child in the way he should go: and when he is old, he will not depart from it.

Acts 3:19-21 - Repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord

Ephesians 4:26-27 - Be ye angry, and sin not:  
let not the sun go down upon your wrath:

Proverbs 25:28 - He that [hath] no rule over  
his own spirit [is like] a city [that is] broken down,  
[and] without walls.

Proverbs 29:11 - A fool uttereth all his mind:  
but a wise [man] keepeth it in till afterwards.

Romans 8:28 - And we know that all things  
work together for good to them that love God, to  
them who are the called according to [his] purpose.

Galatians 5:23 - Meekness, temperance:  
against such there is no law.

1 Timothy 3:3 - Not given to wine, no striker,  
not greedy of filthy lucre; but patient, not a brawler,  
not covetous;

John 4:24 - God is a Spirit: and they that  
worship him must worship [him] in spirit and in  
truth.

When we go to the Bible to search out an  
answer we can always find it. That is why I put these  
books together for your reading and I love to put the  
scriptures in them too so that you can see just what

is said about things. Now some of the scriptures don't mention the word "ANGRY" but it tells us to live a certain way and it will control our anger.

The more that I looked at "ME" the more I saw I needed inner healing in my heart. Sure I had come to know Jesus and know that He had forgiven me but I still had a long way to go. See when things used to bother me I always would turn to alcohol or drugs to dull the moment. It did take the pain away for a short time but after the drug and alcohol wore off it was still staring me right in the face. We cannot run for things in life and I found that out after many years of running from my problems.

I guess you could say I didn't really know that God loved me as much as He did and I always tried to do everything myself and kept Him out of things. That is not what He wants at all, He wants to take care of you. Have you ever had a pet? Or have you ever loved a child etc. What do you want to do for them? Almost everything that you can to make them happy. Well that is what God wants to do for us and it is up to us to let go and let Him.

I prayed about my anger and each time I felt it rising up within me I would stop and either walk away or not say anything at all and just wait before I opened my mouth. It does work and especially

when you realize that you are only hurting yourself more than anyone.

Sometimes the situations that we cannot do anything about makes us angry. Am I right? Take a minute and think about this. The God who really loves you unconditionally knows exactly what is going on in your life at the very moment. Now don't you think that maybe that situation that is causing you some stress, He is allowing to happen. **WHY?** You say well I honestly believe that everything that takes place in our life is for a purpose and will teach us something. Years ago I never thought like this but I am seeing more and more that this is true. Now I learn from the bad and the good. Hey, the Bible also says that **EVERYTHING** is for our Good, so if that is true, then we don't need to get angry at any situation that is placed in front of us. All we got to do is **STOP, REMEMBER** that God is in control and **RELAX**.

You may be saying that this is alright for me to say but it sure isn't for you. Then you got to learn how to **LET GO** and **LET GOD**. We have a Prison Ministry and I would say that almost 90 percent of the people behind bars have lost their temper and that is why the crime was committed. Now they sit for the rest of their life thinking about that ½ hour that ruined their lives.



When you think about what I am saying you will see that I am right. We need to have self-control and know that we have it.

If we struggle in some area of our life, say with alcohol or drugs it is time to find out why we do. It is not the drug or the alcohol that is your problem it is something deeper that is bothering you and you may not even realize what it is.

I have found out when I ask God to reveal what is going on with me, that He does. It may be a few days later but it will either pop into my head or through a book or something on the tube and BAM I see what is the problem. When we find out what the problem is then we can fix it.

Now I know someone right now that is doing drugs. They go for a few weeks living a normal lifestyle and many think they have it all together but the minute they get a few extra dollars they are gone to the drug man to do their dope. To look at the person you would never know and if you asked them if they did drugs they would tell you that 10 years before they had but hadn't touched the stuff since then. They are lying to you but sadly they are also lying to themselves. They feel that they got it all together, that they can dabble with the addiction and

no one will ever know. But, did you know that satan is out to kill you, steal from you and destroy you. He waits so long and then lets you have it right between the eyes. Your secret is found out ..... My heart breaks for this person who thinks they are pulling the wool over every ones eyes because I know one day it will be ended.

I did drugs years ago and lived the wild life, I honestly didn't think I was doing wrong until I was addicted and knew that I couldn't get off them alone. I did everything you could imagine, but one day when I went to my pill box and realized that I only had one pill left and my hands were shaking so bad that I could hardly hold the bottle, I knew that it had control over me and I had NO control. What did I do for help? Well my first thought was to kill myself, see I was using the needle to do speed and anything else that I could find besides the pills from six Doctors in town that gave me prescriptions. I took a bottle of pills and woke up three days later. I cut my wrist and a friend found me before it was too late. Then I pumped so much drugs into my system hoping I would die that I actually passed out. My prayers went up as I was doing the drugs begging God to help me and telling Him that if I wasn't delivered or dead that I would walk in front of a truck the next day. I passed out and guess what? When I awoke the next morning the **DESIRE** was

totally gone for any drug. I felt like a new person inside. God had heard my prayer, but only when I had hit rock bottom.

See, **GOD** wants us happy, He wants to love us and give us peace in our heart. If you do not have any peace then something is wrong. I had no control over the drugs myself but **HE** did.

My anger was gone too and my life was different. I found though that the Journey I was on was a road of learning. I really believe that we learn until the day we die. Now it is all good and we can't let anything bother us as we walk this road.

**BUT**, we must realize first that we need help and then the road becomes easier to walk on.

Self-Control is having control over our self.

## **MAYBE YOU STRUGGLE WITH.....**

Ok there are many areas of your life that you may struggle in. Money, Sex, Decisions, Etc. Here is how you can conquer every situation that you have difficulties in. Say you cannot handle your finances very good. You may have plans of what you would like to do when you get paid and then the minute you get your check it is gone before you even get home. Then you sit and wonder what went wrong. Take a deep look into the money situation and start to budget, when that feeling comes over you to spend there is only one thing to do. **“DON’T”**.

If you still can't find the strength to handle your money seek out someone who can help you budget. You may have to find a good friend to handle your paycheck and teach you how to spend wisely.. **PRAY** and **PRAY** over your finances and get into the word of God for help. Now remember **GOD LOVES YOU VERY MUCH** so He will give you help if you let Him. Meet with others who love God and make them a big part of your life. They can pray for you and help you on your journey. Find a place where others gather a church/meeting place and spend as much time as you can with other believers in Jesus.

If your problem is “SEX” then I really suggest that you go to the Bible and see what it says about Sex...

Question: "What does the Bible say about sex before marriage?"

Answer: There is no Hebrew or Greek word used in the Bible that precisely refers to sex before marriage. The Bible undeniably condemns adultery and sexual immorality, but is sex before marriage considered sexually immoral? According to 1 Corinthians 7:2, “yes” is the clear answer: “But since there is so much immorality, each man should have his own wife, and each woman her own husband.” In this verse, Paul states that marriage is the “cure” for sexual immorality. First Corinthians 7:2 is essentially saying that, because people cannot control themselves and so many are having immoral sex outside of marriage, people should get married. Then they can fulfill their passions in a moral way.

Since 1 Corinthians 7:2 clearly includes sex before marriage in the definition of sexual immorality, all of the Bible verses that condemn sexual immorality as being sinful also condemn sex before marriage as sinful. Sex before marriage is included in the biblical definition of sexual immorality. There are numerous Scriptures that declare sex before marriage to be a

sin (Acts 15:20; 1 Corinthians 5:1; 6:13, 18; 10:8; 2 Corinthians 12:21; Galatians 5:19; Ephesians 5:3; Colossians 3:5; 1 Thessalonians 4:3; Jude 7). The Bible promotes complete abstinence before marriage. Sex between a husband and his wife is the only form of sexual relations of which God approves (Hebrews 13:4).

Far too often we focus on the “recreation” aspect of sex without recognizing that there is another aspect—procreation. Sex within marriage is pleasurable, and God designed it that way. God wants men and women to enjoy sexual activity within the confines of marriage. Song of Solomon and several other Bible passages (such as Proverbs 5:19) clearly describe the pleasure of sex. However, the couple must understand that God’s intent for sex includes producing children. Thus, for a couple to engage in sex before marriage is doubly wrong—they are enjoying pleasures not intended for them, and they are taking a chance of creating a human life outside of the family structure God intended for every child.

While practicality does not determine right from wrong, if the Bible's message on sex before marriage were obeyed, there would be far fewer sexually transmitted diseases, far fewer abortions, far fewer unwed mothers and unwanted pregnancies, and far fewer children growing up without both parents in

their lives. Abstinence is God's only policy when it comes to sex before marriage. Abstinence saves lives, protects babies, gives sexual relations the proper value, and, most importantly, honors God.

Now didn't I tell you there was an answer for everything in the Bible. If you are single and are having problems in this area ... find a spouse, pray and ask for God's leading. If there is no way possible to have a spouse then PRAY and ask God to help you contain in this area and I know He will. He is a God that LOVES YOU..

If you are a man reach out to another man who loves God and can help you, talk with them and pray with them. Stay away from temptation in other words if you have a problem with sex stay away from a woman for advice and vice versa. Temptation can be there and it will only hinder your walk with the Lord in this area.

Self Control is so Important .....

Once you realize that if you don't have self-control in many areas of your life you are on your way to moving up. Life will change for you when you give it all over to God and when you realize that with Him all things are possible.

Losing our Self Control only hurts us and makes us the miserable one. Now go take a look in the mirror and tell me what you see. Do you see a person that is in need of change? Are you struggling with issues in your life that you want to do different? Only you can answer those questions about you, but if you can honestly say that you need help then we are here to pray for you. If you want to write us please do and we will answer and help in any way possible.

Always remember that GOD wants you to be happy, live in peace and have joy. When we lose our temper or we are always complaining about something etc. etc. etc. then it shows us that we truly are not happy inside.



Here are a few scriptures that will let you see what God wants in your life.

**Psalms 126:5,6**

"Those who sow in tears shall reap in joy. He who continually goes forth weeping, bearing seed for sowing, shall doubtless come again with rejoicing, bringing his sheaves with him."

**Psalms 64:10**

"The righteous shall be glad in the Lord, and trust in Him. And all the upright in heart shall glory."

**Psalms 63:5**

"My soul shall be satisfied as with marrow and fatness, And my mouth shall praise You with joyful lips."

**Isaiah 55:12**

"For you shall go out with joy, And be led out with peace; The mountains and the hills Shall break forth into singing before you, And all the trees of the field shall clap their hands."

**Psalms 118:15**

"The voice of rejoicing and salvation Is in the tents of the righteous; The right hand of the Lord does valiantly."

**Psalms 4:7**

**"You have put gladness in my heart, More than in the season that their grain and wine increased."**

**Psalms 89:15,16**

**"Blessed are the people who know the joyful sound! They walk, O Lord, in the light of Your countenance. In Your name they rejoice all day long, And in Your righteousness they are exalted."**

**Psalms 97:11,12**

**"Light is sown for the righteous, And gladness for the upright in heart. Rejoice in the Lord, you righteous, And give thanks at the remembrance of His holy name."**

**Job 22:26**

**"For then you will have your delight in the Almighty, And lift up your face to God."**

**John 15:11**

**"These things I have spoken to you, that My joy may remain in you, and that your joy may be full."**

**Habakkuk 3:18**

**"Yet I will rejoice in the Lord, I will joy in the God of my salvation."**

Isaiah 51:11

"So the ransomed of the Lord shall return, And come to Zion with singing, With everlasting joy on their heads. They shall obtain joy and gladness; Sorrow and sighing shall flee away."

Psalms 33:21

"For our heart shall rejoice in Him, Because we have trusted in His holy name."

1 Peter 1:8

"whom having not seen you love. Though now you do not see Him, yet believing, you rejoice with joy inexpressible and full of glory"

Isaiah 41:16

"You shall winnow them, the wind shall carry them away, And the whirlwind shall scatter them; You shall rejoice in the Lord, And glory in the Holy One of Israel."

Psalms 68:3

"But let the righteous be glad; Let them rejoice before God; Yes, let them rejoice exceedingly."

John 16:22

"Therefore you now have sorrow; but I will see you again and your heart will rejoice, and your joy no one will take from you."

Isaiah 61:10

"I will greatly rejoice in the Lord, My soul shall be joyful in my God; For He has clothed me with the garments of salvation, He has covered me with the robe of righteousness, As a bridegroom decks himself with ornaments, And as a bride adorns herself with her jewels."

Nehemiah 8:10

"Then he said to them, 'Go your way, eat the fat, drink the sweet, and send portions to those for whom nothing is prepared; for this day is holy to our Lord. Do not sorrow, for the joy of the Lord is your strength.'

When we feel like giving up let's always remember what God wants for us. Real happiness, real joy, real peace and He wants us to learn self control in every area of our life. Not don't worry if it comes in one area and you miss it in another area. Remember that you are learning. You are growing each day from the negative things that happen and from the positive things that happen in your life. I have found that if I watch what I say my day is better. If people I am around are dragging me down then I stay away from them. I tent to do things that make me happy and bring me joy. Take a nice slow walk and look around at what you see. Just recently

I started walking more and I thoroughly enjoy it. Now I am finding that I am meeting people that are lonely and are so thankful to have me to talk too. My life is changing each day and I know that this road I am on is a good one. Yes there are things I would like to see change still in my life but deep inside I have peace and that is worth so much to me. For many years I did not have peace, it seemed like I was always searching for it. Now it is there.

Sometimes the day is not the way I want it to be but there are other days, there are other things that I know will come my way because I have a Father in Heaven who loves me no matter what.

Knowing that our life has been planned by God makes it so much easier to live each day. He loves you too and wants you happy. You may be looking at your life and be ashamed of how you have hurt others or have lost your temper but God forgives you. Give him all your burdens and care. Let the past go and move forward into a **NEW DAY**. I sure hope this book has encouraged you just a little to seek change in your life. If it has I would love to hear from you.

I have also added some scriptures here that will encourage you in your walk with the Lord and your future that He has planned for you.

Jeremiah 29:11 - For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.

Proverbs 3:5-6 - Trust in the LORD with all thine heart; and lean not unto thine own understanding.

Romans 8:28 - And we know that all things work together for good to them that love God, to them who are the called according to [his] purpose.

Isaiah 58:11 - And the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not.

Proverbs 16:9 - A man's heart deviseth his way: but the LORD directeth his steps.

Jeremiah 1:5 - Before I formed thee in the belly I knew thee; and before thou camest forth out of the womb I sanctified thee, and I ordained thee a prophet unto the nations.

Romans 12:2 - And be not conformed to this world: but be ye transformed by the renewing of your

mind, that ye may prove what [is] that good, and acceptable, and perfect, will of God.

Proverbs 3:5 - Trust in the LORD with all thine heart; and lean not unto thine own understanding.

Isaiah 40:31 - But they that wait upon the LORD shall renew [their] strength; they shall mount up with wings as eagles; they shall run, and not be weary; [and] they shall walk, and not faint.

Psalms 37:23 - The steps of a good man are ordered by the LORD: and he delighteth in his way.

Psalms 27:14 - Wait on the LORD: be of good courage, and he shall strengthen thine heart: wait, I say, on the LORD.

Ephesians 3:20 - Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us,

1 Corinthians 2:9 - But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him.

**Psalms 32:8 - I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye.**

**I really get excited when I read these scriptures. Don't you?**

**Don't let satan rob you of what God has planned for you. He robbed me of many things in my life until I realized that satan is under my feet, what he tries to do is not possible. If I have a things come at me throughout the day I know that my God is with me, taking care of me. No I am not perfect at all ..... very far from it but I have hope in Jesus and know that my steps are ordered of the Lord. My peace and my joy carry me through anything that comes my way.**

**One thing I always tell people is that there is NOTHING IMPOSSIBLE WITH GOD... always remember that please. You will make it with God's help. Take back your life and live in peace.. Stop the anger before it starts, take hold of the feelings of depression, desperation, wondering what is going to happen and seek God and His righteousness. You will never regret walking a deeper walk with the Lord. I know I would never change how I live today for anything that I had in the past. I am excited about the future because I know that God has it all**



planned and He is my Father who loves me  
unconditionally.

God bless you my friend,



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