

*A person without self-control
is like a house with its doors and windows knocked
out.
Proverbs 25:8 (The Message)*



When you hear the words self-control what do you think of?

- _____
- _____
- _____

Why do we think Self-control would be an important part of who we are?

What could be the choices we make when we are not in control of our self?

- _____
- _____
- _____

What could be the consequences of not being in control of our self?

- _____
- _____
- _____



Now that you have done this exercise I want to look at what happens when we let the following “who’s or what’s” control our emotions, our thoughts, our behaviors and our life.

Who or what: Anger, rage, unforgiveness, shame, guilt, idols, addictions, relationships, words from our past.

Anger: When we let anger control us we may do things we will later regret. People not only use physical force when angry but words get used.

Journal thoughts on this: _____

Rage: is actually a VIOLENT anger. It consumes you to the point you may have a violent desire or passion.

Journal thoughts on this: _____

Unforgiveness: Not forgiving someone, including yourself, can actually cause an anger that can keep you in a state of wanting to get revenge. The issue with getting revenge or even plotting revenge is it keeps you focused on the past event instead of moving forward. So your consequence could be 2fold. One if you actually go through with the revenge and secondly if you are so focused on the past you could stay in a state of, “ I wonder what it would be like, if....”

Journal thoughts on this: _____

Addictions: drugs, alcohol, pornography, sex, just to name a few are addictions that when we allow them to have control over our lives we need to be prepared for the consequences..

Medicating your life with drugs and or alcohol has many effects: Drink and Drive and you will lose your license, and jail time. The other consequence comes when you start to join society without “Medicating” the hurt and pain.

Journal thoughts on this: _____



Relationships: When you are not in control of yourself in relationships we create codependency and dysfunction. Co-dependency is a behavior that leaves you continually unfulfilled because you are always looking for and taking care of everyone else. Your excuses may be “but they need me”, “what will happen if I am not there”? You are always worrying about everyone else and their feelings that you allow yourself to be taken advantage of; stay in abusive relationships, all the while being miserable and unhappy.

Journal thoughts on this: _____

Words from our past: They are just that. Words spoken over us by authority figures, parents or even friendships that were not in a healthy of states. Statements like: “you are so stupid”, “You are just like _____ (whoever you were ever compared to in the heat of an argument). “You will never amount to anything”. Or maybe you want to journal the words that were spoken over you.

Journal thoughts on this: _____

Shame: Who I am. Because of what you have done you feel less than or hopeless; worse yet because of the words of others spoken over you. With shame being in control of us we can find ourselves feeling helpless, in a state of depression or even medicating the pain through addictive behaviors, not just drugs or alcohol but also shopping, pornography or even unhealthy relationships.

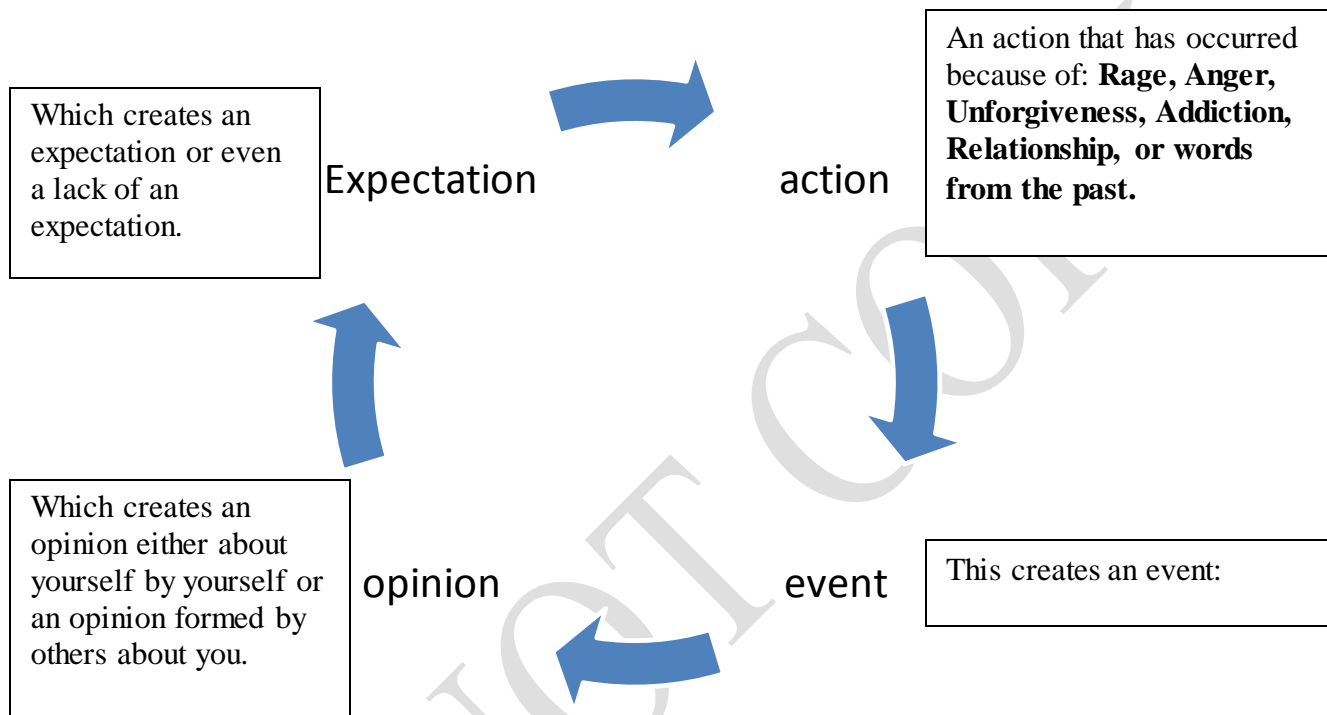
Journal thoughts on this: _____

Guilt: What I have done. Allowing ourselves to stay in a state of guilt can again cause us to find ourselves in unhealthy relationships. Not forgiving ourselves for something and allowing others to continue to remind us of our wrong doing can also cause us to find ourselves in a state of helplessness, depression or even medication our pain through addictive behaviors.

Journal thoughts on this: _____



One more exercise using the things we have just learned about and how being in control of self or having self-control can change an outcome. In these studies we talk a lot about an event occurring which in turn helps form an opinion which creates an expectation, or lack of one, which ultimately leads to an action (good or bad).



Then the event: because you have no expectation and your lack of being in control of the action has now created an event that has major consequences.

event



opinion

For Shame and Guilt:
We start with the word opinion... because an opinion has been formed and it has an effect on your EXPECTATION in life



Expectation

Your Expectation could be that you deserve what you get because your opinion of yourself is so low



action

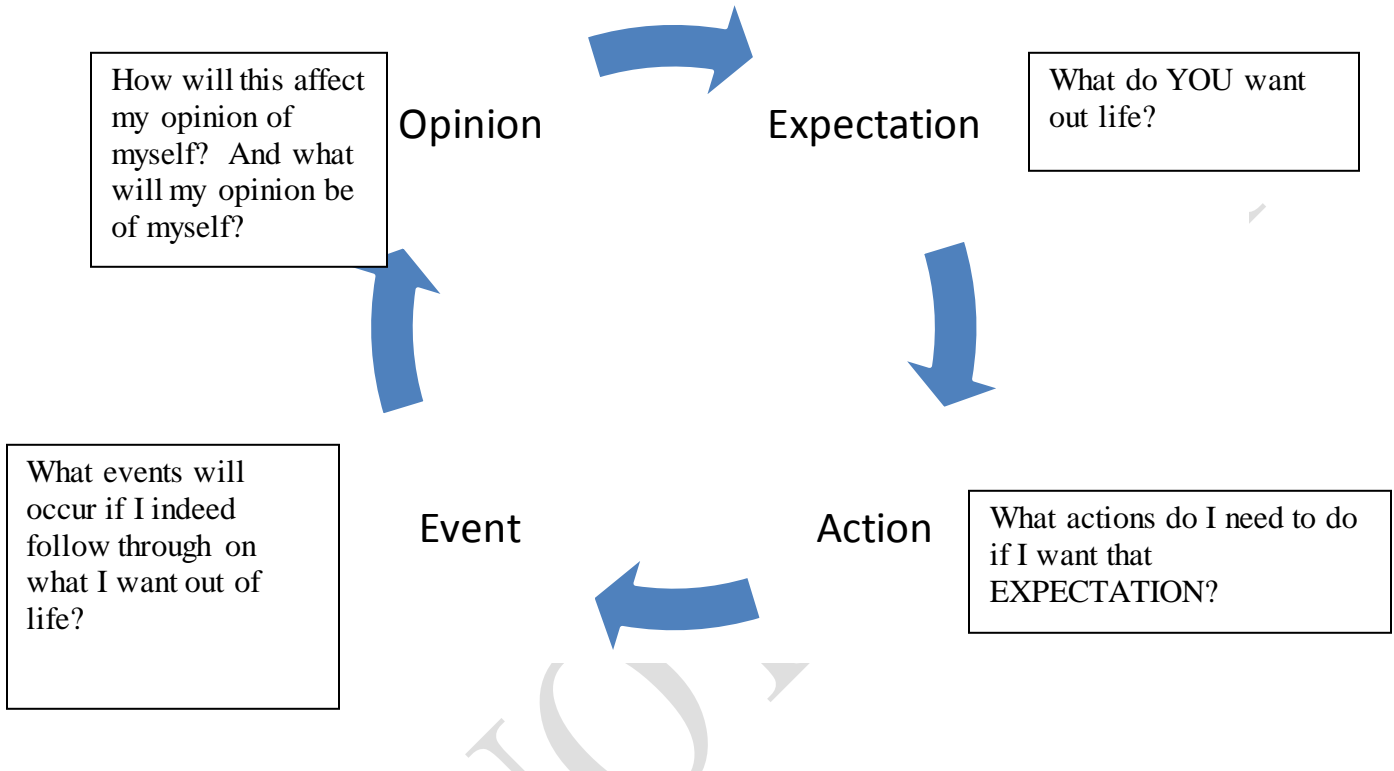
Which then can create no action at all...or worse yet a bad action that will have a consequence that you will need to deal with most of or all of your life.

What we need to realize is that when we allow outside sources to control us we have to be prepared to accept the consequences. Based on what we just learned from the cycles what consequences could happen if we allow these following things to be in control of us?

- Anger: _____
- Rage: _____
- Unforgiveness: _____
- Shame: _____
- Guilt: _____
- Addictions: _____
- Relationships: _____
- Words from our past: _____



How do we change the cycle we may find ourselves on? We flip it so that EXPECTATION is on top and we start to ask ourselves, “What is my expectation for my life”? “What do I WANT for my future”?



Journal your thoughts on what you just learned and what you need to do?

Before we finish I want to leave you with the same scripture written in The Message (a paraphrase translation) and also written in the New Living Translation.



This is from Galatians 5:

It is absolutely clear that God has called you to a free life. Just make sure that you don't use this freedom as an excuse to do whatever you want to do and destroy your freedom. Rather, use your freedom to serve one another in love; that's how freedom grows. For everything we know about God's Word is summed up in a single sentence: Love others as you love yourself. That's an act of true freedom. If you bite and ravage each other, watch out—in no time at all you will be annihilating each other, and where will your precious freedom be then? My counsel is this: Live freely, animated and motivated by God's Spirit. Then you won't feed the compulsions of selfishness. For there is a root of sinful self-interest in us that is at odds with a free spirit, just as the free spirit is incompatible with selfishness. These two ways of life are antithetical, so that you cannot live at times one way and at times another way according to how you feel on any given day. Why don't you choose to be led by the Spirit and so escape the erratic compulsions of a law-dominated existence? It is obvious what kind of life develops out of trying to get your own way all the time: repetitive, loveless, cheap sex; a stinking accumulation of mental and emotional garbage; frenzied and joyless grabs for happiness; trinket gods; magic-show religion; paranoid loneliness; cutthroat competition; all-consuming-yet-never-satisfied wants; a brutal temper; an impotence to love or be loved; divided homes and divided lives; small-minded and lopsided pursuits; the vicious habit of depersonalizing everyone into a rival; uncontrolled and uncontrollable addictions; ugly parodies of community. I could go on. This isn't the first time I have warned you, you know. If you use your freedom this way, you will not inherit God's kingdom. But what happens when we live God's way? He brings gifts into our lives, much the same way that fruit appears in an orchard—things like affection for others, exuberance about life, serenity. We develop a willingness to stick with things, a sense of compassion in the heart, and a conviction that a basic holiness permeates things and people. We find ourselves involved in loyal commitments, not needing to force our way in life, able to marshal and direct our energies wisely. (the Message)

For you have been called to live in freedom, my brothers and sisters. But don't use your freedom to satisfy your sinful nature. Instead, use your freedom to serve one another in love. For the whole law can be summed up in this one command: "Love your neighbor as yourself." But if you are always biting and devouring one another, watch out! Beware of destroying one another. So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions. But when you are directed by the Spirit, you are not under obligation to the law of Moses. When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God. But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things! Galatians 5:13:23(NLT)



Day 2

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

1 Timothy 1:7 (NLT)

Again what is this saying about self control in the wording self-discipline?

Journal your thoughts: _____

Journaling lines

