

# Sometimes I Just lose it



*“To be patient in a world that is constantly trying to control and change you is a great accomplishment.”*

## Self Control

“Fruit of the Spirit and more. . .”

*“For this reason I remind you to fan into flame the gift of God, which is in you through the laying of my hands, for God gave us a spirit not of fear, but of power and love and self control.” 2 Timothy 1:6-7*

We have all been given so much. Eugene Peterson in THE MESSAGE paraphrases 2 Peter 1:5-7 this way. “So don't lose a minute in building on what you've been given, complementing your basic faith with good character, spiritual understanding, alert discipline, passionate patience, reverent wonder, warm friendliness, and generous love, each dimension fitting into and developing the others.” Most of the other

versions refer to “alert discipline” as self-control.

How can we achieve self-control? As I thought about self-control and how we sometimes seem to lack it, I was reminded of an old poem called “Myself” by Edgar Guest. It is not considered a good poem as poetry goes, but it has a message worth listening to once in a while. He was sometimes referred to as the people's poet because his verses were usually upbeat and simple.

*“I have to live with myself, and so,  
I want to be fit for myself to know;  
I want to be able as days go by,  
Always to look myself straight in the eye;  
I don't want to stand with the setting sun  
And hate myself for the things I've done.  
I don't want to keep on a closet shelf  
A lot of secrets about myself,  
And fool myself as I come and go  
Into thinking that nobody else will know  
The kind of man I really am;  
I don't want to dress myself up in sham.  
I want to deserve all men's respect;  
But here in this struggle for fame and pelf,  
I want to be able to like myself.  
I don't want to think as I come and go  
That I'm for bluster and bluff and empty show.*

*I never can hide myself from me,  
I see what others may never see,  
I know what others may never know,  
I never can fool myself -- and so,  
Whatever happens, I want to be  
Self-respecting and conscience free.”*

If you neglect to exercise self-control, you are not only likely to injure others, but you are sure to injure yourself!

If we don't have self-control it can be very difficult to live with what we have done. Sometimes people excuse themselves or others by saying their temper just got out of control. Is that an excuse? If we would only take time to pray about a situation, we would often find the answer is a lot different than what we originally thought.

Much self-control has to do with willpower. That willpower can influence nearly every aspect of our life. It not only affects our own lives in the way we discipline our self, but it has a definite influence on how we treat others.

Sometimes we feel we have to be strong to have self control– to always be willing to take whatever happens. We need to remember that Jesus wept. He was trying so hard and not seeing the progress he wanted. Do men who are strong and have self control cry. I saw a quote that meant a lot to me. “It's okay to cry when there's too much on your mind. The clouds rain when they get too heavy too.” We read in the Bible that Christ was so upset at one time that he turned all the tables up in the temple. Was that self control? I think it was. Sometimes we need to act when we are challenged. God save us many talents, and we need to learn to use them in the correct way. That is a large part of our daily challenge that we sometimes want to forget.

Self-control can touch many characteristics of our lives - eating right, exercising, avoiding drugs and alcohol, studying more, working harder, spending less. The practical significance is enormous. We can say we are going to eat less or spend less, study more, or spend more time reading the Bible and in prayer but we are the one who has to do it. No one can make us do it unless we are locked up and put in a room where we are completely controlled. Self-control can make dramatic differences in our lives. Self-control is a rare and powerful opportunity for each one of us to make a difference not only in our own lives, but in the lives of others.

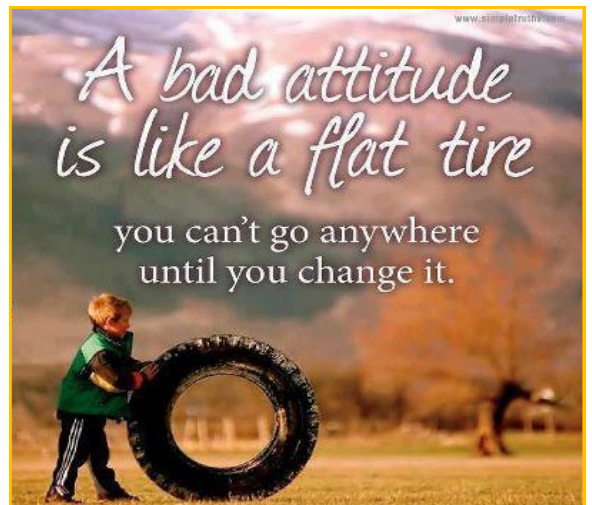
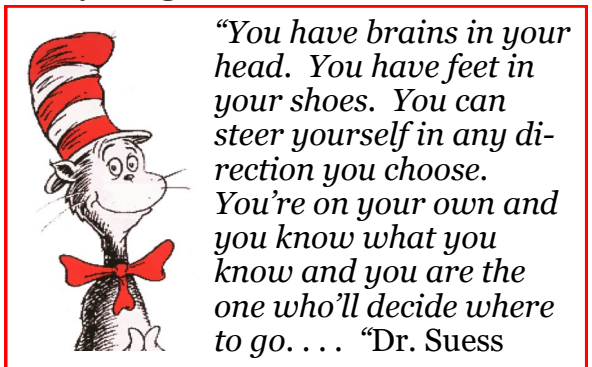
Challenges make our lives interesting. Working with them is what shows our self-worth and strengthening. Victor Hugo is credited with writing "God doesn't make fruit grow on branches too weak to bear its weight." Today that is often quoted a little differently. "Lord, help me remember that nothing will happen today that we can't handle together." God is there for us whether we are alone with our thoughts or with other people. In both cases, we need to exercise self-control. We can do it with prayer. We read in Philippians 4:13 "I can do all things through Jesus Christ which strengtheneth me."

**SOMETIMES WE  
NEED TO STEP  
BACK AND LET GOD  
TAKE CONTROL**

Self-control isn't easy. But it is a gift from God. We just have to learn how to use it. In Isaiah 40:31 we are promised "Those who hope in the Lord will renew their strength."

*They will soar on wings like eagles, they will run and not grow weary, they will walk and not faint."*

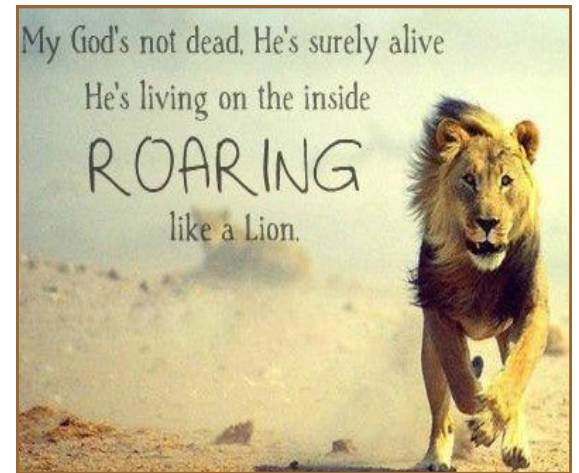
Sometimes when we find ourselves in a rough place and self-control has to take over so we can complete our walk. We want to hold our head high and say "Way to go!" and then we have to stop and think and say to God who pulled us through "God, 'I'm so glad You're still here.'" God may give us more than we can handle on our own, but He will never give us more than we can handle with Him at our side and in our heart. Sometimes we may feel everyone is against us, even God and then realize if we pray that He was there and we were being tested, and by His grace He won!



Prayer: God, You have promised us that You are always with us, but sometimes we think we can do things on our own. Help us to use the gifts You have given us so that we can then help others to see Your love and compassion. Help us to exercise the gift of self-control and know that it is a gift from You that is given to us freely. Amen.

1. What is your definition of self-control?
2. When do you find it difficult to exercise self-control?
3. Does prayer help you? How?
4. How does your self-control help others?
5. Do you ever feel that everyone, even God, seems to be against what you think you should be doing.

© rgscripts  
info@rgscripts.com



*"Industry, thrift and self-control are not sought because they create wealth, but because they create character."*  
Calvin Coolidge