

# Character Trait for April 15-19 is Self-Control

## Ephesians 5:1, "Therefore, be imitators of God"

**CHARACTER:** qualities built into our lives that determine our responses, regardless of circumstances.

**Self-Control:** Rejecting wrong desires and doing what is right. The opposite of self-control is self-indulgence.

**Derivation:** **Self.con.trol** *n* 1: control of one's emotions, desires, or actions by one's own will 2: moral self-restraint

**Weekly Verse:** Proverbs 16:32 "Better a patient person than a warrior, one with self-control than one who takes a city."

**Bible Story:** In Luke 4:1-15, Jesus resists temptation in the wilderness.

**Quote:** "The difference between want and need is self-control."

### Application:

A car that drifts out-of-control is dangerous to everyone in its path – and to everyone inside the car. Similarly, losing control over your temper, emotions, or will-power can cause you and others unnecessary pain. Avoid getting "off track" in these three areas:

**Temper:** Losing your temper because you "need to get something off your chest" is like dumping gasoline on a fire because you didn't have time to grab some water. Take time to cool off before you say or do something you regret. As the humorist and actor Will Rogers said, "Those who fly into a rage always make a bad landing."

**Emotions:** Self-control means controlling your emotions instead of letting them control you. Maybe you had a rotten day – that's still no reason to take it out on a coworker, customer, or family member.

**Will-Power:** Even good things can turn bad when they get out-of-control. For example, over-eating, over-sleeping, over-spending, and over-working each involve too much of a good thing. Enjoy the good things in life and be grateful for them – but keep them under control so they don't spoil your long-term wellbeing.

### Discussion Questions:

1. What are the benefits of living with self-control?
2. Why do you think self-control can be so difficult sometimes?