

# Character Trait for April 22-26 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:** Instead of showing self-control in a positive light, this week's verse shows what a life without it looks like.

1 Timothy 3:2-4 "People will be lovers of themselves, lovers of money, boastful, proud, abusive, disobedient to their parents, ungrateful, unholy, without love, unforgiving, slanderous, without self-control, brutal, not lovers of the good, treacherous, rash, conceited, lovers of pleasure rather than lovers of God."

**Bible Story:** In Daniel 1, Shadrach, Meshach, Abednego and Daniel showed great restraint and self-control in remaining true to their beliefs while living in a pagan nation. They were rewarded by being given positions of influence within the government.

**Quote:** "Self-control is being able to do what you should, and being able to stop doing what you shouldn't."

### Application:

To practice self-control I will:

- Not act impulsively
- Not equate desires with rights
- Set my own limits
- See my anger as a sign that something is wrong in me
- Walk away from things that are not right

### Discussion Questions:

1. What examples of a lack of self-control can you find in the life of King Saul?
2. How did his lack of self-control affect his life?