

Produce in Me - Self control

By Ruth Dominguez

Sometimes I feel like adults are acting like kids who want the newest shiniest toy in town. We can't help but eat till we feel like balloons cause the food tastes so good, buy the newest phone because it's two millimeters bigger than the last version, hear the juiciest new piece of gossip because you have to know what's going on, go to the best hangouts just to have fun, get new clothes, hangout with the bad crowd just to be cool...

All of these things happen because in that singular moment, nothing seems more important to us. We say to ourselves 'I want that' or even worse 'I need that'.

You may not know that that is the lie that brought sin into the world in the first place. Eve just couldn't help herself. She needed the juicy-looking fruit of the Forbidden Tree. At that very moment, nothing seemed more important than being just like God. She erased what God had told her and just focused on how much she needed to eat that fruit.

She didn't really need it. She just believed that lie. She had no self-control for one really important moment and look where we are today.

Self-control is a virtue. You aren't born with it, you develop it as you grow and you put it to good use. We have no idea what a blessing this virtue can be in our lives. God gave us this virtue because He knows we'll need it. He wants us to be strong and resist the things that are bad for our bodies, bad for our souls.

Living the beautiful and fulling life God has in store for us is more important than the newest shiniest toy.

Read 1 Corinthians 10:13.

Read 2 Timothy 1:7.



Going deeper:

- What are you doing that you shouldn't right now? In what areas of your life is God calling you to have more self control?
- Celebrate when you conquer temptation and exhibit self control! Illustrate this celebration on your Bible or journal.
- Keep your eyes open for the way out. 1 Corinthians 10:13 tells us God will always give us an escape route - a way out of temptation. Write a prayer to your Heavenly Father asking Him to help you look for ways to overcome temptation.

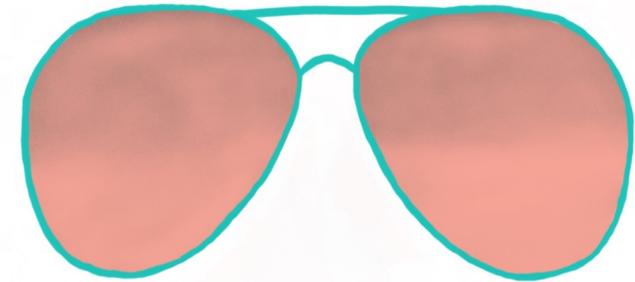


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**RESIST
TEMPTATION**

look for a way out

Heavenly Father



power, love + self control

**overcome
temptation
with**

JOY

**1 Corinthians
10: 13 AMP**

