

SELF-CONTROL

Like a city whose walls are broken down is a man who lacks self-control Proverbs 25:28

Self-control limits us, to be sure, but is it necessary. An out of control life is open to all sorts of enemy attack.

Think of self-control as a wall of defense and protection.

He who guards his lips guards his life, but he who speaks rashly will come to ruin.
Proverbs 13: 3

If you want to be self-controlled begin with your tongue. Stop and think before you act or speak.

HEAVENLY FATHER

Help us to remember to live each day with a good measure of self-control. May we act and say the right thing in the right place, but far more difficult still, to leave unsaid the wrong thing at that tempting moment. Please guard my mouth this day, O Lord.

Amen