

“Virtues to Live by”

Before You Begin – An overview for teachers

Self-control

“But the Spirit produces love, joy, peace, patience, kindness, goodness, faithfulness, humility and self-control.” (Galatians 5:22-23)

Definition

SELF CONTROL – helps you get things done because you are focused on what you need to do and are organised. Sometimes emotions and worries can get in the way and stop you from choosing to do something. Self-control helps you control your thoughts and emotions so that they do not overwhelm you. You don't lose control of yourself when you are hurt or angry but decide how you are going to talk and what you are going to do.

Biblical sources:

“For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.” (2 Timothy 1:7)

“His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness. For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ.” (2 Peter 1:3-8)

“Like a city whose walls are broken through is a person who lacks self-control.” (Proverbs 25:28)

“Better a patient man than a warrior, a man who controls his temper than one who takes a city.” (Proverbs 16:32)

“But the Spirit produces love, joy, peace, patience, kindness, goodness, faithfulness, humility, and self-control.” (Galatians 5:22-23)

Why do we practice self control?

Self-control gives each one of us the freedom to decide how to act. Growing in self-control helps us to keep intrusive thoughts and our emotions in check so that they do not overwhelm us. Having self-control allows us to think about what we should do before we act. Having self-control also helps us focus on what we need to do because we do not get distracted from the task at hand.

How do we practice self-control?

We learn self-control by thinking about how we act, thinking about how we feel and then choosing what we are going to say and how we are going to act. We learn that we always have a choice. We can yell and ‘fly off the handle’, we can hit out at someone and say hurtful things to ourselves and others. Or we can choose to feel our anger, resentment or jealousy, but use a self-controlled quiet voice to tell someone you have these feelings and why?

Establishing routines is a good way of growing in self-control. You could use self-help strategies to help you stop expressing your anger in a negative way.

Key Words:

Self-control, emotions

Signs that you have Self-control:

I speak and act calmly even when I am hurt or angry

I think before I act

I can choose my words and actions carefully

I keep my Lent promises

Reflection Questions:

Do I sometimes let my emotions overwhelm me?

Do I give myself thinking time?

Do I always speak and act in a measured and calm way?

Am I focused on what needs to be done?