

January: Self-Control

God wants us to do what we know and feel is right.

A person with self-control...

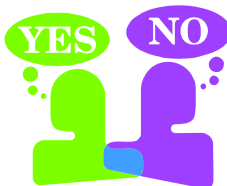
- is patient
- knows how to wait his/her turn
- can calm him/herself down and think before reacting to situations
- knows how to avoid physical aggression (hitting, kicking, pushing, etc.)
- can think things through



Self-control helps us to resist the temptation to do something that we will regret. It also helps us to resist the temptation to do something that will harm ourselves or others. Each time you exercise self-control you grow stronger in the Lord and invite peace to settle over your life as you avoid any guilt you may feel from having made a poor decision.



Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'one does not live by bread alone, but by every word that comes from the mouth of God.'" Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down; for it is written, 'He will command his angels concerning you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.'" Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; and he said to him, "All these I will give you, if you will fall down and worship me." Jesus said to him, "Away with you, Satan! for it is written, 'Worship the Lord your God, and serve only him.'" Then the devil left him, and suddenly angels came and waited on him. Matthew (4:1-11)



Show me your ways, O Lord, and teach me your paths.

St. Francis de Sales

Why is it important to use self-control?