

# DESIRE THE GIFTS - LIVE THE FRUITS

## SELF-CONTROL



**James 1:19** "...everyone should be quick to hear, slow to speak, slow to wrath, for the wrath of a man does not accomplish the righteousness of God."

**Proverbs 25:28** A man without self-control is like a city broken into and left without walls.

**SELF-CONTROL** ... We all think we have it, but alas, we quickly shock ourselves into reality when we succumb in the heat of a tense, angry moment, or maybe a time that tempts us to sin against our bodies... **1 Cor 6:18** "Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body." Our bodies were made perfect from birth, and any thoughts that lead us to go against God's commandments must be squelched at the onset. Our humanity is frail in times of turmoil,

debate, and temptation, and if we don't have self-control, we become slaves to what controls us. How do we combat these temptations? Lean into God, asking for the gift of His wisdom which produces the fruit of self-control, as stated in **Proverbs 28: 11**, "Fools give vent to all their anger; but the wise, biding their time, control it." Again, we need only look to the example of Jesus. When he was being questioned by Pilate, he only stated the facts... **John 19:11** "You would have no power over me if it had not been given to you from above" and this was after they spit on Him, and scourged Him! If we place ourselves in His place, wouldn't we need a lot of self-control to keep our rage down and tongues quiet? This does not mean we cannot defend ourselves or speak the truth, for Jesus did do this, but He used His words wisely, making His point in ways that did not prompt more anger. He did His Father's will, perfectly. In the same way, this fruit of self-control can also be developed and made firm within you to battle sin by God's grace which strengthens your resistance. We know we need Jesus and know by now our weakness is made powerful by Our Lord's grace. **Titus 2: 11** "For the grace of God has appeared, saving all and training us to reject godless ways and worldly desires." Praise Jesus, we are slaves no longer! **HOLY SPIRIT COME!**

### INTERCESSORY PRAYER TO ST. AUGUSTINE THE FRUIT OF SELF-CONTROL:

St. Augustine, we look to you as an example of victory over the many temptations and setbacks you endured. You ultimately developed the fruit of self-control with perfection, with the steady stream of God's grace to win your battles of temptation. Plead for us that we may always look to Our Lord for the strength we need, to only reach for Him in times of trouble and weakness instead of worldly attachments, desires, and emotions. Please pray for us, Holy Saint of God. AMEN

