

A DRINK FROM THE SPRING – MARCH 8, 2010

This Week's Thought: Self Discipline: *“Exercising restraint and direction.”*

This Week's Quote: *“What we do upon some great occasion will probably depend on what we already are; and what we are will be the result of previous years of self-discipline.”*H. P. Liddon

This Week's Prayer Concern: Dorothy Eppley is now at the Meadowview Nursing Home in Berlin. Elvin Hollsopple is a patient at Conemaugh Hospital. We continue to pray for and do what we can for the people in Chile and Haiti who are effected by the recent earthquakes.

This Week's Scripture: *“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such there is no law.”* (Galatians 5:22,23)

Have you ever felt like you lost control of your life? We all have probably felt that way at times. Perhaps you are feeling that way today? We seem to lose control of our lives when we try to cram too many things into our schedule. We also seem to lose control of our lives when we live our lives trying to constantly please others. Or perhaps we live constantly fearful of hurting the feelings of others or having others being upset at us? The truth is none of us can control ourselves. This week's scripture tells us that self-control is a fruit of the spirit. It's the result of spending time alone with God.

In reading the lives of great people, you'll find that the first victory they won was over themselves. A reporter once asked the great evangelist, D. L. Moody, which people gave him the most trouble. He answered immediately, *“I've had more trouble with D. L. Moody than any man alive.”*

The Bible states, *“A man without self-control is as defenseless as a city with broken-down walls.”* (Proverbs 25:28) Anything uncontrolled can harm relationships, such as.....

- *Uncontrolled anger - Proverbs 29:11
- *Uncontrolled lust – Proverbs 6:26
- *Uncontrolled spending – Proverbs 21:20
- *Uncontrolled drinking – Proverbs 23:29-35
- *Uncontrolled ambition – Proverbs 23:4

The Greek word for self-control comes from a root word meaning, “to grip” or “take hold of.” Let God “take hold of” your life today.

Serving With You,
Pastor Guy