

## **Essential Self-Control**

*Self-control: The indispensable character quality, given by the Holy Spirit, that enables us to regulate our behavior and make wise choices, especially seen in how we care for our bodies and interact with those around us.*

“to knowledge **self-control**” (2 Peter 1:6).

“Do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s” (1 Corinthians 6:19, 20).

“No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it. . . . Therefore, whether you eat or drink, or whatever you do, do all to the glory of God” (1 Corinthians 10:13, 31).

“I can do all things through Christ who strengthens me” (Philippians 4:13).

“And do this, knowing the time, that now it is high time to awake out of sleep; for now our salvation is nearer than when we first believed. The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light. Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy. But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts” (Romans 13:11-14).

“God’s abounding love and presence in the heart will give the power of self-control and will mold and fashion the mind and character. The grace of Christ in the life will direct the aims and purposes and capabilities into channels that will give moral and spiritual power—power which the youth will not have to leave in this world, but which they can carry with them into the future life and retain through the eternal ages” (*My Life Today*, p. 70).

### **Intercession Focus: Worldwide Health Ministry Initiatives**

Health was integral to Jesus’ ministry on earth. As we use it to reach people for Him, pray for:

- Adventist health workers to be full of the Holy Spirit and to have wisdom to reach people
- Creative, practical health outreaches that meet felt needs in the community
- Sufficient financial resources so health ministries can work effectively
- The health work to bring many people to Jesus
- Health and gospel workers to be unified in their efforts to reach people
- Health ministries related to the Mission to the Cities initiative, including:
  - Cooking schools
  - Medical missionary work
  - Health expos and lectures
  - Vegetarian restaurants

## Essential Self-Control / Health Ministry Initiatives

While I work on the plan of **addition** . . . God is working on the plan of **multiplication!**

Dear Lord, during the next 24 hours, I feel You calling me to add this grace to my life: \_\_\_\_\_

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In Your strength and by Your power, I choose to: \_\_\_\_\_

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These are the ways I saw God multiply His grace to me today:

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