



Paul's Letter to the Galatians

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Day 29 Galatians 5:22-23

Self-Control

Read Psalm 78:35-38. According to this Psalm, why did God restrain His anger?

Read 2 Thessalonians 2:6-8. What is being restrained, actively, by God in our world?

Read 1 Corinthians 9:24-27. What analogy does Paul use here to describe how we should see self-control in our lives? Does Paul practice what he preaches?

Read 1 Thessalonians 4:3-7. What is the will of God? What is contrasted with control here? What has God called us to?

Read 2 Timothy 1:5-7. How is self-control contrasted in this passage? What does that tell you about possible reasons we may *not* practice self-control?

Read Titus 1:7-8. Self-control is a characteristic that is necessary for who?

Read Titus 2:1-6. Who all, in these verses, should exhibit self-control?

Read Titus 2:11-15. What is working in us to train us in self-control? What are we waiting for as we practice self-control?

Read 1 Peter 4:7-8. How does self-control manifest in our prayer life?

As you spend time with God today, thank Him for the self-control He exhibits in not simply destroying the world and saving no one. Praise Him for His provision to save as many as possible. Ask Him to help you to see where you may not be self-controlled in your life, perhaps regarding a relationship, screen use, or even, as we see in 1 Peter 4, perhaps your prayer life is scattered and chaotic. Ask Him to provide the strength that you need to help you to be self-controlled in all things.