

Reflection on Self Control
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By
Patricia Chlebowski
Youth Minister
Sts. Peter & Paul, Hamburg, NY

Self control according to the dictionary is: Control over one's actions, feelings, etc. And in a spiritual way, the Bible tells us not to give in to temptation. In Sirach 18:30 it reads "Do not follow your base desires, but restrain your appetites." In other words, those desires that we face everyday, like laziness, drunkenness, lust and other types of immediate pleasure must be overcome by self control. The old saying "Play with fire and you might get burned" is often used by people recovering from addictions. It reminds them that risky behaviors often end up hurting them. It helps them stay focused on their long-term goal of having self control and leading a healthy and happy life.

The author of Ephesians 5:10 – 20 does not mince words. This passage encourages the early Christians to wake up and find out what pleases God. It calls them and us to avoid participating in things that we would be ashamed of if they were exposed in the light. Its tone is not of scolding but rather of passionate encouragement, wanting the best for each of us. The abuse of alcohol 5:18 "Do not get drunk with wine for that is debauchery; but be filled with the Spirit" is singled out in this passage as something Christians should avoid. Drinking is an issue virtually everyone confronts starting in adolescence. Ephesians isn't saying that wine is evil in itself but that getting drunk prevents us from being filled with the Spirit.

Therefore, Self Control should be used in making wise decisions about alcohol & drug consumption, laziness, impurity and other sins of the body. It must be a part of our daily lives.