

The Freeing Power of Self-Control

We all have hopes and dreams for our lives—whether to buy a house, get in shape physically, have vocational success, grow spiritually or any number of other things.

However, any progress we make in life is going to require self-control. This may not be a popular idea, but self-control is one of the best friends we can ever have because it brings us freedom.

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Many people think being free means you should have the ability to do what you want, when you want, and never suffer any of the consequences. But that's not biblical. God's Word says we reap what we sow (Gal. 6:7).

Yes, we can choose to do what we want. But every choice we make is a seed that will produce a harvest in our lives—either for good or bad.

Real freedom is not simply the liberty to do anything we want. True freedom is having the ability and discipline to avoid doing something if it means we will be happier with the results in the long run.

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This involves self-control, one of the best gifts God has given us. It helps us say yes to what we truly want to say yes to, and it helps us say no to what we want to say no to!

My husband, Dave, and I recently ate at a restaurant that

makes some of the best lobster bisque soup I have ever tasted. It's so smooth and creamy, and it has just the right amount of flavor. Right away, I began thinking about going back the next day.

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