

# What does the Bible say about . . .



## Self-control



**God teaches us how to live right:**

Titus 2:11-12: “God has shown us how kind he is by coming to save all people. He taught us to give up our wicked ways and our worldly desires and to live decent and honest lives in this world.”

**The Holy Spirit, our Comforter, helps us to behave:**

Galatians 5:22-23: “God’s Spirit makes us loving, happy, peaceful, patient, kind, good, faithful, gentle, and self-controlled. There is no law against behaving in any of these ways.”

**Sometimes it is hard to do right, but God promises to help us in those times:**

1 Corinthians 10:13: “You are tempted in the same way that everyone else is tempted. But God can be trusted not to let you be tempted too much, and he will show you how to escape from your temptations.”

## Obedience

**God doesn’t want a little of us to obey Him. He wants ALL of us to obey Him:**

Leviticus 18:4: “I am the LORD your God, and you must obey my teachings.”

**It is never too late to turn from the wrong things we do and obey God:**

Nehemiah 1:9: “But you also said that no matter how far away we were, we could turn to you and start obeying your laws. Then you would bring us back to the place where you have chosen to be worshiped.”

**Obedience brings many blessings, such as friendship with God:**

John 14:23: “Jesus replied: If anyone loves me, they will obey me. Then my Father will love them, and we will come to them and live in them.”

## Wholesome Talk



**We need to use what we say to help others feel better, not hurt them:**

Ephesians 4:29: “Stop all your dirty talk. Say the right thing at the right time and help others by what you say.”

**Controlling what we say is hard, but if you work at it, it will be easier to behave in other areas too:**

James 3:2: “All of us do many wrong things. But if you can control your tongue, you are mature and able to control your whole body.”

**Don’t start arguments, stop them!**

Proverbs 15:1: “A kind answer soothes angry feelings, but harsh words stir them up.”

## Treatment of Others

**Put others first, before yourself, and you will please God:**

Philippians 2:3: “Don’t be jealous or proud, but be humble and consider others more important than yourselves.”

**God showed great kindness to us by sending Jesus. We need to show this same kindness to others:**

Ephesians 4:31-32: “Stop being bitter and angry and mad at others. Don’t yell at one another or curse each

other or ever be rude. Instead, be kind and merciful, and forgive others, just as God forgave you because of Christ.”