

**February 4, 2022**

The Lord wants you to experience real and abundant life:

**Gal. 5:22-23** *But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.* (NIV)

The ninth fruit that we have, because of the Spirit living within us, is self-control! The Greek word is **enkrateia** which means *the ability to restrain, master, discipline or control one's self*. This ability to control ourselves does not originate from us, but from the LORD. His Spirit gives us the strength to say 'no' to the things of selfishness and 'yes' to the things of the Spirit. This can only come through a continual walk with the LORD and a continual saying no to our flesh. I think we can all relate that our flesh is very strong. It wants what it wants when it wants it. To say 'no' to the flesh can only happen when we rely on the power of the Holy Spirit. **Heb. 12:11** *No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.* (NIV)

Discipline is a word that we tend to not like because it reminds us of the things that we need to do, but don't want to do. Have you ever had a project that you knew needed to be accomplished, but you kept procrastinating to begin? We can always put things off and rationalize the reasons we did that. It reminds me of the pastor who stood in the pulpit one Sunday morning and said, "I was going to preach on procrastination today, but I decided to put it off until next week." **Wilbur Rees** once wrote this illustration: *"I would like to buy \$3 worth of God please, not enough to explode my soul or disturb my sleep, but just enough to equal a cup of warm milk or a snooze in the sunshine. I don't want enough of him to make me love a black man or pick beets with a migrant. I want ecstasy, not transformation; I want the warmth of the womb, not a new birth. I want a pound of the eternal in a paper sack. I would like to buy \$3 dollars' worth of God please."* – Copied

To have the self-control of the Spirit in our lives, we must want all of Him and not just \$3 dollars' worth. Do you want all of the LORD in your life?

**Dear LORD, I want all of You, and less of me. You are righteous, holy and just. I am selfish, wretched, and sinful. Please fill me with Your Holy Spirit so that You can work through my life today. In Jesus Name, Amen**