



Stewardship of Time

Self Control

Galatians 5:22-23 and Proverbs 25:28



Introduction

In his book, 7 Habits of Highly Successful People, Stephan R. Covey summarizes self discipline as personal management. Other authors refer to it as time management or maintaining daily schedule, but I like the term self control. This particular label is what I consider to be the most related to the Bible.

Introduction

Apostle Paul writes in Galatians 5:22-23 that one of the fruit of Holy Spirit is self control. In first Timothy 3:2, Paul says that overseer must possess the ability to be self controlled. In first Peter 5:8 Peter writes “ your enemy the devil prowls around like a roaring lion looking for someone to devour.”

The meaning of Self Control

According to Guy N. Woods “ it denotes to self government, discipline and ability to control one’s own life.” Gene A. Getz in the Measure of man, the meaning of self control as a person who is strong and robust, having power, possessed of or disciplined when living the Christian life.

The meaning of Self Control

Self control is the control we exercise upon ourselves in training and developing well balanced, mature life. We do so to train our body, mind and spirit so that we can grow physically, emotionally, socially and spiritually.

The need of Self Control

- **To prevent destruction. Proverb 25:28 and 1 Peter 5:8**
- **By nature our self is unruly and it wants to rebel against God's will. Its desires are very destructive. Galatians 5:19-20 and Romans 7:21-24**
- **We need to bring self under the control of God the Holy Spirit (Eph. 5:18).**

The need of Self Control

We are steward of God (1 Cor. 4:1). The great shepherd has called us to serve under-shepherds, bringing back the scattered, binding up the broken and strengthening the sick (Ezekiel 34:1-6).

The strategy for Self Control

- **Analyze your life. Evaluate how you spend your day? How you spend your week? Make a list of every activity and how much time you spent on that.**
- **Take a piece of paper and make four quadrants on it. Place the activity in appropriate quadrant.**

The strategy for Self Control

Quadrant one has activities that are urgent and important. It is the crisis intervention quadrant. Stephan R. Covey says that if we don't plan our activities well, eventually, everything will end up in this quadrant and we will always be fighting the fire.

Quadrant two has the activities that are not urgent but are important and is the prevention quadrant. He says if we plan and prioritize our activities, we will not waste time. This quadrant relates to our vision, purpose and relationship building and is the heart of personal management.

The strategy for Self Control

Quadrant three is urgent but not important. These activities are sudden interruption to the set agenda such as sudden meetings, reports, physical repairs and other pressing matters.

Quadrant four includes activities that are neither urgent nor important.

Some examples are watching television, social media and discussing irrelevant topics.

We need to organize, prioritize and become **second quadrant** people.

More on this next week.