

SINGLE TRUTHS – *Post Easter Teachings*

April 18 – Self-control

“...the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, ²³gentleness, and self-control.”

Galatians 5:22-23 NLT

How do you react when conversations get heated and becomes hurtful and chaotic?

Consider that everyone’s behavior is coming from two realities:

1. Personal character.
2. Personal experience.
If people offer you gifts of pain and chaos, they offer it (like all gifts) out of their own store of pain and chaos.

And remember, this is true for you too!

You can only control one person

Here are several options to consider:

- You may see the situation arising before others do, so **TAKE ACTION TO REDIRECT EVERYTHING**, so that the insult never arises and never needs to be dealt with in any other way.
- You may simply **CONCLUDE THAT THIS IS NOT PERSONAL** and reject the hurt and pain and move on without any further thought.
- **AVOID CONVERSATIONS BASED ON PASSED EXPERIENCE.**

But what about conversations in our faith community?

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As believers we all are subject to the same code of conduct

1. 1 Corinthians 16:14

“...do everything with love.”

Even honesty needs tempered with loving kindness, grace and forgiveness.

Honesty alone can be hurtful and unproductive – even destructive.

But, being lovingly honest is a pathway to healing and growth.

Proverbs 11:3

“Honesty guides good people; dishonesty destroys treacherous people.”

In Psalm 25:21 David prayed, “May integrity and honesty protect me, for I put my hope in you.”

2. Psalm 37:3

“Trust in the Lord and do good. Then you will live safely in the land and prosper.”

3. Proverbs 3:27

“Do not withhold good [generosity] from those who deserve it when it’s in your power to help them.”

Be generous with resources yes, but also with love, joy, peace, patience, kindness, gentleness, faithfulness, and self-control (Galatians 5:22-23).

a. Galatians 6:9-10

“...let’s not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don’t give up. ¹⁰ Therefore, whenever we have the opportunity, we should do good to everyone – especially to those in the family of faith.”

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Are you still skeptical about being able to do this?

Lean into the person and promises of Jesus.

We believers belong to Jesus!

He lives in us!

Don't forget your spiritual DNA.

Philippians 2:7-8

1. *“...he gave up his divine privileges;*
2. *he took the humble position of a slave (a servant) and was born as a human being.*
3. *When he appeared in human form,⁸ he humbled himself in obedience to God and died a criminal's death on a cross.”*

Realizing who we are, our conversations should be able to make a path toward understanding, acceptance, healing and restoration.

It may not get easier to deal with people who are always insisting on their own way but remember:

He promised you “rest for your souls”.

Matthew 11:28-30

*“Then Jesus said, ‘Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.’²⁹ Take my yoke upon you. **Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.**³⁰ For my yoke is easy to bear, and the burden I give you is light.”*

What else is needed?

If God is your guide, then the answer is “nothing.”