

## **Moving from awareness to regulation.**

### **(June 19, 2025)**

“But the fruit of the Spirit is...self-control.” (Galatians 5:22-23) As we consider the term self-control, we are quickly facing two important EQ skills at the same time. “Self” deals with awareness and “control” refers to regulation. Both awareness and regulation are needed for the self-control that produces healthy Christian life and relationships.

But arrogant and insecure people err in the arena of self-control. They just do it in different ways.

Those in the arrogant chair simply give in to their selfish emotions and impulses. They react far too quickly by saying the first thing they think of, and they take no responsibility for the feelings that leak out on others. These reactions often increase conflict and push problems to unsolvable levels.

Those in the insecure chair try to deny they have a self. They make the mistake of trying to turn off their feelings or act like they don’t exist. They tend to believe that they can “fake it until they make it,” but this response often feels inauthentic and creates distance in relationship.

God does not want us to give our “self” unbridled freedom of expression. That hurts others. But God also does not ask us to ignore or pretend that we don’t have a “self.” That hurts us.

2 Corinthians 10:5 instructs us to “bring every thought into captivity,” which requires awareness of self, so we can walk in “the obedience of Christ,” which speaks of regulation and control.

For the next few months, the weekly messages will focus on the EQ skill of regulation.