



Self-Control In God's Presence

For the next seven days dedicate five minutes a day to be in the presence of God. The goal is to grow in self-control by being with God and reflecting on His word. Use the guide below to help you structure your time.

- Pick a place: Choose a "sacred space" — a specific chair, on the porch, or even the parked car. The space should be quiet, comfortable and as distraction-free as possible. The physical location helps signal to the brain that it is time to shift gears.
- Set a Timer: Using a timer prevents "clock-watching" and allows for full immersion in the moment.
- Start with Breath: Taking three deep breaths to begin the five minutes helps regulate the nervous system and creates a physical transition into a spiritual state.
- Reject Perfection: Some days will feel "distracted." That doesn't mean the time was wasted; the act of showing up is itself an expression of faith. When your mind wanders, refocus it.
- Silence or turn off your devices
- Have paper and a pen or pencil.

DAY 1:

Read Galatians 5:16-18 three to five times slowly. Reflect on the passage.

16 But I say, walk by the Spirit, and you will not carry out the desire of the flesh. 17 For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please. 18 But if you are led by the Spirit, you are not under the Law.

- What temptations or sinful desires do you battle most often?
- What has helped you be victorious over that temptation? When have you been vulnerable to giving in to the temptation?
- Walking by the Spirit means aligning your daily steps with Him. What are some practical ways you can invite the Holy Spirit into your daily routine this week to help you get ahead of the flesh?

DAY 2:

Read Galatians 5:22-24 three to five times slowly. Reflect on the passage.

22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control; against such things there is no law. 24 Now those who belong to Christ Jesus have crucified the flesh with its passions and desires.

- Which aspects of fruit of the Spirit do you naturally see in yourself already? Which ones are difficult for you?
- How are the aspects of the fruit of the Spirit interconnected?
- The passage talks about "crucifying" the flesh—which implies a decisive, painful, and permanent break. What old passion or habit is lingering in your life that you need to completely put to death rather than just try to manage?

DAY 3:

Read Proverbs 25:28 three to five times slowly. Reflect on the passage.

28 A man without self-control is like a city broken into and left without walls. (NASB)

- What "open door" in your life makes temptation easier?
- What boundaries do you need to set to protect your mind?
- How does shifting your perspective of self-control from "a list of restrictive rules" to "God's protective wall for my life" change your willingness to practice self-control?

Day 4:

Read 2 Peter 1:5-8 three to five times slowly. Reflect on the passage.

5 Now for this very reason also, applying all diligence, in your faith supply moral excellence, and in your moral excellence, knowledge, 6 and in your knowledge, self-control, and in your self-control, perseverance, and in your perseverance, godliness, 7 and in your godliness, brotherly kindness, and in your brotherly kindness, love. 8 For if these qualities are yours and are increasing, they render you neither useless nor unfruitful in the true knowledge of our Lord Jesus Christ.

- What role does faith play in exercising self-control?
- How does a true knowledge of our Lord Jesus Christ affect your self-control?
- On a scale of 1-10, with 10 being perfect, how would you rate your self-control? How can you grow in it?

Day 5:

Read 1 Corinthians 9:24-27 three to five times slowly. Reflect on the passage.

24 Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. 25 Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. 26 So I do not run aimlessly; I do not box as one beating the air. 27 But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

- What areas of your spiritual life need more intentional discipline?
- Where do you tend to live “aimlessly” instead of with intention?
- What daily or weekly habits could strengthen your spiritual “muscles”?

Day 6:

Read 2 Timothy 3:1-5 three to five times slowly. Reflect on the passage.

1 But understand this, that in the last days there will come times of difficulty. 2 For people will be lovers of self, lovers of money, proud, arrogant, abusive, disobedient to their parents, ungrateful, unholy, 3 heartless, unappeasable, slanderous, without self-control, brutal, not loving good, 4 treacherous, reckless, swollen with conceit, lovers of pleasure rather than lovers of God, 5 having the appearance of godliness, but denying its power. Avoid such people. (ESV)

- How does a lack of self-control in society and among the people around you impact your self-control?
- Is your self-control currently a matter of will-power or God’s power? How can you tap more into God’s power to demonstrate self-control?
- How does a persistent lack of self-control in your private life threaten to turn your faith into a superficial performance rather than a life transformed by the Holy Spirit?

Day 7

Read 1 Peter 2:21-24 three to five times slowly.

21 For you were called to this, because Christ also suffered for you, leaving you an example, that you should follow in his steps. 22 He did not commit sin, and no deceit was found in his mouth; 23 when he was insulted, he did not insult in return; when he suffered, he did not threaten but entrusted himself to the one who judges justly. 24 He himself bore our sins in his body on the tree; so that, having died to sins, we might live for righteousness. By his wounds, you have been healed. (CSB)

- How do you typically respond when you feel hurt, misunderstood, or mistreated? What would a Spirit-controlled response look like instead?
- Where do you need to stop trying to control the situation and instead demonstrate self-control, entrusting the outcome to God?
- How does Jesus’ self-control in suffering for you motivate you to practice self-control in your own struggles?