

Essential Self-Control

Self-control: The indispensable character quality, given by the Holy Spirit, that enables us to regulate our behavior and make wise choices, especially seen in how we care for our bodies and interact with those around us.

“to knowledge **self-control**” (2 Peter 1:6).

“Do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s” (1 Corinthians 6:19, 20).

“No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it. . . . Therefore, whether you eat or drink, or whatever you do, do all to the glory of God” (1 Corinthians 10:13, 31).

“I can do all things through Christ who strengthens me” (Philippians 4:13).

“And do this, knowing the time, that now it is high time to awake out of sleep; for now our salvation is nearer than when we first believed. The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light. Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy. But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts” (Romans 13:11-14).

“God’s abounding love and presence in the heart will give the power of self-control and will mold and fashion the mind and character. The grace of Christ in the life will direct the aims and purposes and capabilities into channels that will give moral and spiritual power—power which the youth will not have to leave in this world, but which they can carry with them into the future life and retain through the eternal ages” (*My Life Today*, p. 70).

Intercession Focus: Worldwide Health Ministry Initiatives

Health was integral to Jesus’ ministry on earth. As we use it to reach people for Him, pray for:

- Adventist health workers to be full of the Holy Spirit and to have wisdom to reach people
- Creative, practical health outreaches that meet felt needs in the community
- Sufficient financial resources so health ministries can work effectively
- The health work to bring many people to Jesus
- Health and gospel workers to be unified in their efforts to reach people
- Health ministries related to the Mission to the Cities initiative, including:
 - Cooking schools
 - Medical missionary work
 - Health expos and lectures
 - Vegetarian restaurants

Essential Self-Control / Health Ministry Initiatives

While I work on the plan of **addition** . . . God is working on the plan of **multiplication!**

Dear Lord, during the next 24 hours, I feel You calling me to add this grace to my life: _____

In Your strength and by Your power, I choose to: _____

These are the ways I saw God multiply His grace to me today:

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Suggested Plan

Introduction—5 Minutes:

- Remind people of general guidelines for united prayer as explained in United Prayer Guidelines (available on www.tendaysofprayer.org).
- Introduce the day's prayer topics: self-control and health ministry outreach.
- Have each person select five intercession cards at random from the intercession box to pray over during the supplication time. Make sure they return these to the box at the end.

United Prayer Time

Praise—10 Minutes:

- Praise God for being the source of all true self-control and the One who heals us. Use the scriptures on the theme sheet to guide your praises.
- Praise God for the health ministries in your local church and around the world.
- Encourage people to share their answers to prayer as praises to God.

Confession—5 Minutes:

- Give people two or three minutes to search their own hearts and silently ask God to reveal anything that stands between themselves and God. Especially encourage them to search their hearts regarding self-control and health.
- Allow two or three minutes for corporate confession of any lack of self-control or poor health habits.

Supplication—25 Minutes:

- Pray that each church member will seek the self-control that only God can give. Especially pray for the love of God that gives us self-control. Pray the promises on the theme sheet.
- Claim the outpouring of the Holy Spirit promised in God's Word. Pray for the fruit of the Spirit—especially self control—even in tough/trying situations.
- Pray for our church's health ministries to be strengthened mightily. Use the suggestions in the Intercession Focus section to guide your prayers.
- Divide people into groups of two or three to pray for the individuals/situations listed on the five cards they chose from the box. Encourage them to keep praying scriptures!

Journal Page Time—5 Minutes:

- Allow time for silent reflection on the ways God has led since yesterday and how He wants each individual to grow in the next day.

Praise—10 Minutes:

- Thank God for giving us self-control and helping us reach out with the health message.
- Thank Him for the victory He will bring in our own lives in answer to prayer.

Suggested Songs to Use: “Come, Holy Spirit”; “Sanctuary”; “God is So Good”; “He’s Able”; “In His Time”; “Have Thine Own Way, Lord” (SDA Hymnal #567); “Rescue the Perishing” (SDA Hymnal #367).