

DOWNLOAD PDF LESSON ELEVEN: SELF-CONTROL AND OTHER DISCIPLINES

Chapter 1 : Fruit of the Spirit: Self-Control - Life, Hope & Truth

Distribute Handout One: Self-Control and Self-Motivation and explain that self-discipline can take two forms: using self-control to not do something (as in the chocolate challenge from Lesson One that demonstrated impulse control and delayed gratification, or breaking a bad habit like smoking, losing one's temper easily) or using self.

The Disciplines John You may be just as sure that the man who leads a really good life is a true child of God We only know that when he appears we shall be like him, for we shall see him as he is! Everyone who has at heart a hope like that keeps himself pure, as Christ is pure. The Easy Yoke Mat For my yoke is easy and my burden is light. If we have faith in Christ, we must believe He knew how to live. What activities did Jesus practice? Some of these will certainly be even more necessary to us than they were to him, because of our greater need. The secret of the easy yoke, then Then, released from the service of sin, you entered the service of righteousness. I use an everyday illustration because human nature grasps truth more readily that way. In the past you voluntarily gave your bodies to the service of vice and wickedness--for the purposes of evil. So, now, give yourselves to the service of becoming truly good. No Pain, No Gain For those who are out of shape physically, to begin training requires enduring significant pain. But after the initial "start up" pain, training becomes a sort of pleasure. This is because disciplined training leads to physical agility, strength, and health. Those in shape physically are more likely to take part in, excel at, and truly enjoy physical activities; but by comparison, spiritual fitness is even more important. Take time and trouble to keep yourself spiritually fit. Bodily fitness has limited value, but spiritual fitness is of unlimited value, for it holds promise both for this present life and for the life to come. You must run in the same way, meaning to win. Athletes will take tremendous pains--for a fading crown of leaves. But our contest is for a crown that will never fade. I run the race with determination. I am no shadow-boxer, I really fight! Often they attempt to attain it by simply imitating the superficialities of saints Some even believe that by such imitation they have really become saints and prophets, and are unable to acknowledge that they are still children and face the painful fact that they must start at the beginning and go through the middle. You have become people who need a milk diet and cannot face solid food! For anyone who continues to live on "milk" is unable to digest what is right--he simply has not grown up. The Sermon on the Mount is a statement of the life we will live when the Holy Spirit is getting his way with us. Since we live by the Spirit, let us keep in step with the Spirit. You cannot break this rule without cheating and exploiting your fellow-man. God will punish all who do offend in this matter, as we have plainly told you and warned you. The need for extensive practice of a given discipline is an indication of our weakness, not our strength. As a rule of thumb: By abstaining from food, social interaction, or sleep, we are "exercising" our spiritual muscles against the lower nature. It is like lifting weights; silly in itself, but useful to prepare us for real physical tests in the future. The things we abstain from in the spiritual disciplines are not evil; it is for the sake of the exercise that we deny ourselves; to prepare us for real temptation--tomorrow, or the next day. The disciplines of abstinence give us much needed experience and insight into the spiritual battle going on within us, and the lessons learned cannot be taught any other way. What is it like to say "No" to the lower nature? What tricks will it play? The way in which desire, habit, distraction, and other factors effect you will not be like anyone else. You must learn by doing how to live in holiness before God in your body. The disciplines of abstinence are an opportunity to train in safety. Disciplines of Engagement Dallas Willard defines the spiritual disciplines of engagement as the routine Christian activities of prayer, study, and meditation that are especially powerful in combination with the disciplines of abstinence. Disciplines of abstinence counteract tendencies to sins of commission, disciplines of engagement counteract tendencies to sins of omission [James 4: They are often mentioned in combination in Scripture. Live your whole life in the Spirit and you will not satisfy the desires of your lower nature. For the whole energy of the lower nature is set against the Spirit, while the whole power of the Spirit is contrary to the lower nature. Here is the conflict, and that is why you are not able to do what you want to do Indeed that way of living leads to certain spiritual

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death. But if on the other hand you cut the nerve of your instinctive actions by obeying the Spirit, you will live. Following is a biblical sampler of three of the main disciplines of abstinence: Abstinence from Food Ester 4: Do not eat or drink for three days, night or day. I and my maids will fast as you do. When this is done, I will go to the king Truly, I say to you, they have received their reward. Abstinence from Social Interaction Mark 1: Abstinence from Sleep Luke 6: Watch and pray, all of you, that you may not have to face temptation. Your spirit is willing, but human nature is weak. What I say to you, I say to everyone: Next we will look at three disciplines of engagement: Conversing with God 1 Pet 4: Therefore be clear-minded and self-controlled so that you can pray. Never get tired of staying awake to pray for all the saints. The Lord our God is near us whenever we pray to him Never damp the fire of the Spirit. The man who approaches God must have faith in two things, first that God exists and secondly that God rewards those who search for him. The scriptures are the comprehensive equipment of the man of God, and fit him fully for all branches of his work. Waiting and Reflecting on God Ps I meditate on it all day long. I will meditate on your wonderful works. Other disciplines of engagement include: Missing The Holy Spirit The danger in studying the spiritual disciplines is that we might ever practice them without the leading of the Holy Spirit for the purpose of impressing men, with the "spirit of religion". How many times has God disturbed our sleep with someone in mind? And we "count sheep" or take a sleeping-pill instead of watching and praying. How many earnest prayers go unanswered because we refuse to practice the discipline of fasting? The yoke of Jesus may indeed be easy, but we keep throwing it off! Our lower natures are in control and running rampant! Small wonder that our growth is stunted, and real holiness an illusive dream. Lord, burden our hearts to repent and truly follow you. Give us another chance to hear your voice!

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Chapter 2 : 7 Ways to Teach Self-Control - iMom

Teaching kids to have self control is one of the most important character traits we can teach. I have put together a character development series for you, and want to give you many resources for working on attributes that we want to establish in our kids.

Lives can be and are ruined because of this. Accidents due to drunken drivers, children whose lives are ruined because of adults without self-control. Just consider your own life! Each of us have done things we will always regret, things we did as a result of no self-control. This article is not to condemn, but to help. These situations and temptations are a part of being human, but we must know how to deal with this. Even without considering the serious consequences of a lack of self-control, we need to have self-control every day. We also need it for building ourselves up. We have written about speaking truth to ourselves, forming habits, memorizing Scripture and doing Bible study. We need to do all these consistently before we will see results in our lives and this requires self-discipline and self-control. Examples from Scripture There are many passages in Scripture that contain examples of self-control and self-discipline. We certainly can learn from all these. Here are a few examples: David lost his self-control when he saw Bathsheba bathing. Daniel and his friends practiced self-discipline and self-control when they chose not to defile themselves with the food of the king of Babylon Dan 1: Daniel also prayed three times a day, even after it became illegal to do so Dan 1: Shadrach, Meshach, and Abed-nego did not bow down, nor serve the image of Nebuchadnezzar Dan 3: We can find many more examples in Scripture. What caused David not to have self-control in that specific situation? Why were Daniel and his friends able to prevail even with death staring them in the face? What was different about Samson? What we do see is that it is easy to fall and it is also possible to prevail. We first need to understand the concepts of self-discipline and self-control properly before we can make any conclusions. We shall start off by defining self-control. All of us possess this in variable amounts and we are admonished to have self-control. Those who do are often credited as wise. An experiment was conducted in the s, known as the marshmallow experiment in which willpower, or delayed gratification, was tested. The Stanford marshmallow experiment[1] was a series of studies on delayed gratification in the late s and early s led by psychologist Walter Mischel, then a professor at Stanford University. In these studies, a child was offered a choice between one small reward provided immediately or two small rewards if they waited for a short period, approximately 15 minutes, during which the tester left the room and then returned. The reward was sometimes a marshmallow, but often a cookie or a pretzel. In follow-up studies, the researchers found that children who were able to wait longer for the preferred rewards tended to have better life outcomes, as measured by SAT scores,[2] educational attainment,[3] body mass index BMI ,[4] and other life measures. Techniques like distraction, taking a nap, closing their eyes, etc. The children were tested again and most were able to wait the 15 minutes. This proves that self-control can be taught. Self-control is a limited resource It has also been proven scientifically that self-control is a limited resource. Studies have shown that if a person was in a position of having to exert self-control for a period of time, it is very likely that when they are faced with a temptation after this period, that they will succumb to it. John Tierney wrote in the New York Times: These experiments demonstrated that there is a finite store of mental energy for exerting self-control. When they forced themselves to remain stoic during a tearjerker movie, afterward they gave up more quickly on lab tasks requiring self-discipline, like working on a geometry puzzle or squeezing a hand-grip exerciser. Willpower turned out to be more than a folk concept or a metaphor. It really was a form of mental energy that could be exhausted. From this, and other studies, we can understand why YHVH did not want Israel to mix with the nations. We have written more about this in the article Do not learn the way of the nations nor do what they do. Every one of us when tempted at a time when we are tired or vulnerable for some reason, will fall. It is for this reason that we are told to flee from evil. The Complete Jewish Bible translated it as follows: We are to keep away from every form of evil! Indulging in a little bit, might just be the beginning of indulging in a lot.

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For Yours is the kingdom and the power and the glory forever. Every other sin that a man commits is outside the body, but the immoral man sins against his own body. If you know you are weak in a certain area, make sure you avoid getting in a situation where you have to exert self-control. The best way to control self is avoidance of that which we may be tempted by. Restoring self-control Studies have also been done on how to restore self-control. They found that watching re-runs of television programs restored willpower. The brain being exposed to something familiar with a known outcome, can relax and re-fuel in a sense. I believe that instead of watching re-runs, we could restore self-control by reading Scripture or repeating memorized passages of Scripture. It is also familiar and has a known outcome. Maybe another reason why Scripture memorization is something of real importance to us. Self-control is a virtue and is considered a fruit of the Spirit. Anger is an area that is problematic to most of us. We may find it easy to exert self-control when confronted with most things, but may snap at the tiniest provocation. One way of dealing with anger is to do self-analysis every time we get angry. We are to find out what we thought and why, then we can speak truth to ourselves in this area and will eventually be able to conquer this. Before we look into self-discipline, just a few ideas on how we can teach self-control to our children. Teaching our children self-control We as parents have a great responsibility. We are to ensure that self-control and self-discipline is taught from a young age. We have seen through the marshmallow experiment, that it will have a huge impact on their lives. We are to firstly model self-control. Children learn much more from our example than from our instruction. Both are important but should never contradict. Secondly, we are to keep our promises to them. Children are more likely to have willpower if we keep our promises to them. Now that we have learned more about self-control, we shall look at self-discipline as well as the relation between self-discipline and self-control as these two are closely related. Self-discipline is defined as follows: Self-discipline The definition of self-discipline is as follows: We recently did an article on forming habits Using habits to set yourself apart. We shall now explain the relationship between self-control and self-discipline in the context of habits. Establishing a good habit is an example of self-discipline. To implement the habit you have to react to the trigger. Making the right choice when the trigger occurs is self control. For example, setting our alarm to get up early to do Bible study is self-discipline. Getting up when the alarm goes off, is self-control. When I move behind my computer doing the Bible study, I am practicing self discipline. My choice then would be either open my Bible study program or Facebook. That is where self-control comes in again. I also believe that when we apply self-discipline in our lives the likelihood of having to apply self-control will be less, especially if we apply the self-discipline of avoidance of temptation. Avoiding areas or situations that can be a temptation to sin, is self-discipline. When you avoid the temptation, chances are that you will not need to apply self-control in that area you avoided. To sum it up: Self-discipline equals good habits, while self-control equals good choices. Applying self-discipline starts with a plan or decision. We, for example, make a decision to get more exercise. That is the plan, now we need to decide how we will execute the plan and we will then need self-control to make sure we do. So, we will also need a plan if we want to live a set apart life. The amazing thing is that YHVH has already given us that plan. He gave us His commandments to teach us how to live. That is the plan. We need to study this plan in order to know how to execute it. We then need to avoid what may be problem areas for us and apply self-control in the day to day execution of this plan. The Bible is our self-discipline manual.

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Chapter 3 : Self-Control Sermon by Charles Holt, Galatians - www.nxgvision.com

How to use the ideas presented in Kids of Integrity. You don't have to be "super spiritual" to use Kids of Integrity effectively. What does matter, however, is that you recognize that God is the only One who can bring about lasting change in your children.

Scott Turansky One of the primary tasks of early childhood is to develop self-discipline. One of the primary tasks of parenthood is teaching self-control. Most children, young children, in particular, are by nature impulsive. Part of the solution for impulse control is self-discipline. So many relational and personal problems can be avoided when one has self-control. Teach children to come when they are called. Children can learn to come to the parent, within a few feet, in order to have a dialog with the parent. This helps children learn that self-control sometimes means that we must give up what we would like to be doing in order to do something else. Teach children to respond positively to correction. This is unacceptable and becomes an excellent opportunity to teach self-discipline. One of the facts of life is that people often must follow directions which may not be their preference. Teach children to respond with a good attitude as well as right behavior. This requires self-control and helps children learn to control their impulses. A good response to correction is sometimes difficult to learn but work in this area will help a child develop a skill which will help them forever. A number of social skills require self-control. Praise children when they demonstrate this quality and point out areas they need to work on. Listening, knowing when and how to interrupt, anger control , reporting back after completing a task—all require self-discipline. Encourage children to take on activities which build self-discipline. When a child receives a reward like payment for a job accomplished or even a star on a chart or special treat, talk about self-discipline. External rewards give a great opportunity to talk about internal rewards. You are pretty determined and responsible to get up every morning. Use bed times to teach self-discipline. Some children have a hard time going to bed without creating a battle and this becomes a great opportunity to teach self-discipline to children. After all, it requires a lot of self-control for a child to stay quietly in bed while parents are still awake. Set a bedtime, develop a routine which covers all the necessary bedtime tasks and work at getting your child to stay in bed without mom or dad falling asleep in the room. This requires work on the part of the parent but will pay off tremendous dividends in the end. Morning routines, chores, and family schedules become opportunities for children to learn responsibility and self-discipline. Responsibility is doing the right thing even when no one is watching. The rewards for being responsible are called privileges. The child who is responsible to get ready and be at breakfast by 7: Simple benefits of life are seen as privileges associated with basic responsibility. Some parents try to give their children an easier life than they had or they try to make their children feel good at the expense of good character. Unfortunately, this often translates into more freedom and less self-control. A wise parent will use childhood to prepare a child for success as an adult. Self-discipline is one of the most important character qualities a child can develop. Ironically, spoiled children are not happy ; self-disciplined children often are! Self-discipline is a primary quality that will help children be successful in life. Please share your thoughts and comments:

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Chapter 4 : 9 Special Activities That Teach Self-control Like No Other

Introduction to Self Control. Self Control: To be in control of what you do and say. Essential Question. How will I help students apply the Lifeline of Self Control to improve character development.

But however you define it, self-control is about being able to regulate yourself. Can a child resist distractions? Bounce back from difficult emotions? Delay gratification and plan ahead? Toddlers lack the self-control of older kids. Self-control develops over the years, with some of the biggest changes happening between the ages of 3 and 7. But there is a lot of individual variation too. Some kids have more trouble regulating themselves, and they suffer for it. Young children with poor self-regulation skills tend to make less academic progress (McClelland et al ; Welsh et al ; McClelland et al). They are more likely to commit crimes and less likely to become wealthy (Moffitt et al). So how do we foster self-discipline in children? Behavioral geneticists are discovering links between certain genes and impulsive behavior (Reif et al). Attention problems seem to be highly heritable (Smith et al). On the contrary, research suggests that parents and teachers can make an important difference. They performed better on scholastic achievement tests, were more likely to finish college, and less likely to develop substance abuse problems. Kidd tested her idea in a landmark experiment, and the results bore her out. Subsequent studies confirm that our willingness to wait depends on how we weigh the risks and benefits. Adults opt for immediate gratification when they have reason to distrust the person promising to deliver a future prize (Michaelson et al). And even two-year-olds have resisted the temptation of cookie "€" when the rewards for waiting were sufficiently high (Steelandt et al). They are easily distracted. In recent experiments by Jane and Yuko Munakata, three-year-olds were asked to perform a simple task requiring impulse control: If you see a blue square, that means go ahead. A red triangle means leave the box alone. The researchers tested two different approaches, and found that one was clearly superior. When an adult reminded children of the rules just before each trial, kids were more likely to check their impulses. By contrast, giving children a few seconds to stop and think -- without any reminder -- had no such effect. But some games are more challenging than others. In this classic form, the game is about following directions. But with a twist, it gets trickier: After the kids have adjusted to the rules, reverse them. So they measured the self-regulation skills of 65 preschool children, and then randomly assigned half of them to participate in a series of game sessions (Tominey and McClelland). Kids dance when the music plays and freeze when it stops. Dance quickly for fast-tempo songs, slowly for slow-tempo songs. And then reverse the cues: First, they find a colored mat and stand on it. Then, before they freeze, they perform a special dance step. There are several, differently-colored mats on the floor, and each color is linked with a different dance step. Kids play musical instruments like maracas and bells whenever an adult waves her baton, increasing their tempo when the baton moves quickly and reducing their tempo when the baton slows down. Then the opposite rules apply. A teacher tells kids to respond to different drum cues with specific body movements. For example, kids might hop when they hear a fast drum beat and crawl when they hear a slow drum beat. After a time, kids are asked to reverse the cues. Kids who began the program with above-average self-control showed no improvements, but the story was different for children who had been struggling. Preschoolers who started with low self-regulation scores below the 50th percentile had gotten better. Other researchers have tested a fantasy-themed program of games on 5-year-old school children. Three times a week, kids pretended they were helping a couple of hapless goblins by performing "magical tasks. Other activities resembled traditional games like "Red Light, Green Light" e. And kids were frequently required to coordinate their behavior, as when each child had to remember and locate a different ingredient for a magic potion they were making. Overall, the games were designed to reinforce inhibition, shifting between rules, and working memory (see item 7 below). And they seemed to work. After four weeks, the kids outperformed control group peers in a variety of tests, including tests of impulse control, cognitive flexibility, and working memory (Traverso et al). For details, see the original paper and download the "additional data file" to read about the specific games

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used. If you give them two, demanding tasks to complete -- one immediately after the other -- people usually show less self-control during the second task. One popular account is that self-control gets used up during the day. We literally lack the energy to keep going. Another account, proposed by Michael Inzlicht and his colleagues, is that our brains are designed to seek a kind of balance between drudgery and seeking out easy rewards. A creature who sticks with the same old work routine, never taking a break, is apt to miss important changes in the environment. By taking time out to play and explore, we increase our chances of discovering profitable new opportunities. Whichever account is correct, the upshot is the same. If you ask kids to go straight from one unpleasant duty to the next, their self-control is likely to suffer. Studies suggest that kids learn faster when lessons are shorter and separated by some downtime Seabrook et al Savvy adults know how to get psyched up for an assignment -- how to find ways to get personally interested, or to combine work with a bit of pleasure. But children have a hard time figuring all this out, especially if adults are themselves modeling the wrong attitude. Turning a chore into a game takes time and energy. Discovering the right hooks to get kids interested may require a lot of patience, observation, and flexibility. And it may be the key to beating "self control fatigue" Inzlicht et al When these people fail, they feel helpless and give up. By contrast, people who believe that effort shapes intelligence and talent are more resilient. They are more likely to take on challenges and learn from their mistakes. We can help kids develop this sort of resilience and determination by being careful with our feedback. Help children develop their attention skills, and improve their performance on working memory tasks. Even if you have the right mindset, it can be hard to follow through. What if you have trouble staying on task? Many distracted, impulsive kids suffer from low working memory capacity.

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Chapter 5 : Lesson 31 Self-Control

SELF-CONTROL Definitions Elementary: Having power and control over one's own actions Secondary: Having power and control over your emotions, words, actions, impulses and de-

Recommended resources Planning tools Every character trait lesson provides two blank planning cards. As you review the idea options for each lesson, use a planning card to note the ones you would like to try. This will be your framework for your lesson and serves as a reminder during the week. Use either the point form or calendar form of the planning card – whichever suits your needs best. At the start, and throughout each lesson, pray that God will work in your children through your lesson activities. Kids talk with God The kids talk with God section will help kids learn to pray and to invite the Holy Spirit to help them change their attitudes and actions. As problems come up during the day, suggest talking to God about them. Speak a blessing Changing old habits is hard work, and your child will need encouragement. This section will remind you to affirm your child when you see him or her choosing God-honouring actions. Memory verses We suggest that you choose at least one verse of Scripture to memorize early in your lesson. Aim to review it at least once every day. Kick-off craft Once you have selected your memory verse, try to complete the kick-off craft early in the course of your lesson, since the activity is a good way to introduce your chosen character attribute. The resulting artwork will provide a focal point and a reminder of your theme for the remainder of your lesson. Bible stories As you read your preferred Bible story, try to bring the story to life for your children. Here are some ideas you can try: Use toys to act out the story. Then, have your kids act out the story themselves as you read it once more. Select one or two props for an object lesson. For example, have each child hold a rock as you read about hard-heartedness. Read with exaggerated expression, projecting intense excitement or quiet tenderness, as appropriate. Try different times of the day for your Bible story. Kids who are tired at bedtime may quickly forget the details. Creative discipline Even young children need to be taught the truth about sin and its consequences, and the rewards God promises for those who repent and make better decisions in the future. The Scripturally-based ideas in this section will help you convey the message, "I love you and God loves you, but we cannot put up with your sin. Hands-on options The activities listed in the hands-on options section help you turn everyday situations and tasks into fun, creative lessons for your children. Every lesson presents at least eight hands-on options for you to choose from; some lessons have many more. If you are viewing lesson content on the website, you can filter the hands-on activities if you wish. Recommended resources Each character trait lesson includes a list of books, DVDs and CDs you may wish to use to reinforce the trait you are studying. Of course, there are many such resources available, but you can be confident that the titles in this short list convey messages that are consistent with Biblical truth.

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Chapter 6 : Teaching Children to Check Their Own Behavior | Responsive Classroom

Self-control has been defined in many ways--as willpower, self-discipline, or conscientiousness. But however you define it, self-control is about being able to regulate yourself. Can a child resist distractions?

Check new design of our homepage! Learn the different ways in which you can teach yourself self-control. MissionSelf Staff Last Updated: She placed a tray of assorted sweets and candy in front of Susy. Susy looked at the tray and smiled. The teacher asked Susy her favorite sweets and candy. Susy pointed at the juicy marshmallow in the tray. Then the teacher told Susy that she was going to step out of the room for a while. If Susy wanted to, she could pick the marshmallow or any other sweet from the tray and eat it. However, if Susy waited till the teacher came back, she would be rewarded with another marshmallow. Saying so, the teacher stepped out of the class. Susy sat looking at the tray, wondering how long it would take for the teacher to return. Would you wait for the teacher to return? Would you have the marshmallow? Self-control is an important aspect of life. Children who are taught the importance of delayed gratification have been shown to do better in life - they turn out to be more successful individuals than their counterparts and classmates. So how does one learn self-control? How can you train yourself to learn self-control? Find out some simple and fun self-control activities as you read on. Here is a list of nine different self control activities, split in three different categories. One of the best ways to learn self-control would be to engage yourself in activities that require a lot of patience and tenacity. With respect to this fact, here are three important forms of sports or exercises that will teach you self-control. Yoga Yoga is far, far more than just a form of exercise. Yoga is a way of life. Yoga ensures the best of physical, mental, emotional, and spiritual health. But technically correct yoga can help you achieve great levels of control over the health of your mind and body. The asanas are not as easy as they may seem. Enduring a yoga session can indeed teach you a lot of self-control, along with keeping you in the pink of your health. Meditation Meditation is probably the single best thing that will teach you self-control. There are different types of meditation techniques that help us deal with different aspects of life in general. Meditation aims at attaining a state of inner balance, equilibrium and sanctity. It takes a lot of practice to be able to block all our thoughts and all the voices screaming inside our heads and minds for us to be able to focus on our breathing, which is one of the initial steps of any type of meditation; and it needs a lot of self-control to do that. The hand forms or postures especially require a lot of concentration and focus as well. It is important to inculcate self-control among children as well. Any good habit if embraced at an early age is sure to remain with you till the end of your time. Here are some fun self-control activities and games for kids. Blink In this simple game, kids are supposed to sit in pairs across each other at a table or preferably on the ground. At the count of three, kids stare into each others eyes. The first one to blink, loses the game. It so happens that kids even grown-ups, for that matter are often tempted to do things they are specifically instructed not to do. You are told not to blink, and that is exactly when your eye will itch, twitch or act funny! Dumb Charades This is a game that even adults can play. It can be a group activity, or can be played in pairs. One of the kids has to think of a word, and then act out to give the other partner clues about the word. The grown-up version of the game could have movie names instead of random words. Marble and Spoon This is in fact a form of race. Kids are made to stand at the start line with a spoon held in their mouths and a marble placed on the spoon. At the count of three, the kids are supposed to walk NOT run to the finish line without dropping the marble from the spoon. They cannot touch the marble in any way. Self Control in Daily Life: Even adults need to learn self-control with respect to certain situations in life, like when they are angry, or frustrated. Here, learning self-control is more about maintaining your peace of mind and harmony rather than achieving a long-term goal. Anger Management Anger is a short-term madness; and though it is good to let yourself go and act mad sometimes, it is not a pleasant thing to let your temper and anger get the better of you and win over you in every instance. Yes, it is important to vent your feelings, but there are other ways to do it than to bad-mouth someone. Dealing with Authority Sometimes dealing with authority can demand a lot of

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patience and self-control, especially if you have an exceptionally bossy boss, or a micromanaging boss. It is important to learn not to blow your lid off under such situations, as a lot is at risk; and anyway, you blowing the lid off is not going to take care of the situation - it will only aggravate it. So why do it? Be patient and forgiving, and proact instead of reacting. The experiment given in the beginning of this article was originally conducted at the Stanford University by a team led by Prof. Walter Mischel and was known as the Stanford marshmallow experiment. It was a part of the studies on delayed or deferred gratification, wherein an individual had to make a choice between an immediate reward and a reward of greater value for which he had to wait. It was done on children where a child had to choose between a small reward often a marshmallow offered immediately and two small rewards that would be offered after a waiting period of about 15 minutes which required him to resist temptation. So those were some easy self-control activities. Hope they help you gain the required balance and equilibrium in your life

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Chapter 7 : Sermons about Self Control - www.nxgvision.com

SELF-control and SELF-restraint infers something I, myself, am in charge of doing or controlling. As if it is something I can personally handle or choose to do. On the other hand, FRUIT of the Spirit infers the natural result of a growth process that is not based upon a choice but upon a principle of life.

Login or register for tests, newsletters and community. We read in II Peter 1: Daniel is a good example. By their actions, they showed self-control in their ability to stand up for their beliefs. There are three areas in our lives where self-control is needed. For by your words you will be justified, and by your words you will be condemned. How can you, being evil, speak good things? For out of the abundance of the heart the mouth speaks. Our Lord God has told us how to speak and how not to speak. This would include the way in which we conduct ourselves. We read in II Corinthians 6: Do not touch what is unclean, And I will receive you. As they strive to get all the gusto they can, their conduct might become unbalanced. We learn in Proverbs That is done by our behavior. Paul in writing to the Corinthians said," For it is better to marry than to burn with passion. For one to have self-control discipline is required. We read in I Corinthians 9: The fruits of the Spirit are listed in Galatians 5: Discussion and study questions: Lookup a word or passage in the Bible.

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Chapter 8 : Acts Bible Study: The Disciplines

Just as Jesus Christ is the perfect example of self-control and the other fruit of the Spirit, Satan the devil is the perfect example of loss of control and the other works of the flesh (Galatians).

December 11, Categories: You need to be able to do things like follow directions the first time, listen with a thinking brain, focus during work time, and keep good self-control. When you have these skills, you can do your best learning, and your teachers can do their best teaching. They need self-control not just for moving safely in the classroom, tossing a ball gently for a greeting, and eating politely in the cafeteria but also for working independently on a writing piece, playing a math game with a partner, or collaborating with peers on a group project. To teach self-checks efficiently at all the grade levels I work with, I use the Responsive Classroom practice called Interactive Modeling. Say what you will model and why. The OK behaviors are the ones that help everyone do their best learning. So I have a strategy that I want to teach you called a self-check. Watch and see how this works. Then be ready to tell me what you noticed. After a moment, I become distracted by my wristwatch, turning and twisting it around and around my wrist, no longer looking at the board or showing other attentive behaviors. Ask Students What They Noticed. What did I remember to ask myself? And what did I ask myself? Invite one or more students to model. I choose a volunteer to come up to the chair, give him the watch to wear, and tell him to do just what I did. Again, ask students what they noticed. After Billy models for us, I have a few students share out what they noticed. Have all students practice. Sitting still with a thoughtful expression on my face. After everyone has practiced, I reinforce positive behaviors I noticed. Because of that, the class is going to have to be really quick at catching themselves with self-checks. The lesson ends with my encouraging words: Includes many practical tips, real-life examples, and sample lessons and scripts that you can adapt for specific classroom needs.

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Chapter 9 : Self-control | Kids of Integrity

Self-control, on the other hand, leads to good choices, and good choices are the building blocks of self-esteem. A child who exercises self-control in her choices regarding school work, home relationships, friendships and extracurricular activities will find that healthy self-esteem is not far behind.

One might ponder how popular it is among rank and file Christians. These deal with the grim realities of relationships. As tough as they may be to practice they are nevertheless important fruit and ideal witnesses to the new life of the Christian. Love, joy, peace, YES! Every Christian should have more than a little interest in the growth and development of all the Fruit of the Spirit--including self-control. Paul purposely places these nine virtues in one setting to paint a picture of a fully furnished inner life of the complete Christian. In the process he makes clear a very important principle. It is a principle that applies to all fruit. The principle is this: His will is for us to manifest these traits that comprise the complete Christian life Gal. The potential is present within each believer. The possibility exists for every one who names Jesus as Savior and Lord. Or, have we heard that already? As if it is something I can personally handle or choose to do. On the other hand, FRUIT of the Spirit infers the natural result of a growth process that is not based upon a choice but upon a principle of life. For example, a peach tree will produce peach fruit because it is genetically programmed to produce peaches. Applying this argument to human nature can quickly land one in the middle of a hot debate of what determines human behavior. Is it nurture or is it nature? Or, is it a little of both? The jury is still out on this debate and it is not the scope of this little booklet to deal with the subject.