



## SELF-CONTROL

One of the greatest indicators of good character is seen in athletes and coaches who possess self-control. How you respond in critical situations in a game will test your level of self-control and show your teammates, opponents and those watching what you are really made of and what's inside.

It's often said that FB builds character and builds young boys into men. The TRUTH is that FB reveals character! With a good coach, a sound coaching philosophy and the pursuit of the greater purpose, players can develop godly character and self-control. When a program is focused on nothing by winning and is without a Biblical perspective, players and coaches often reveal their true character, character that is shaped by circumstances and emotion and is sure to surface when tested in battle.

A lack of self-control will also cause us to neglect necessary disciplines like prayer, reading God's Word and sharing our faith. Self-discipline affects our work, entertainment, nutrition and how we spend our time and money.

**“If our lives were compared to an ancient city, a lack of self-control would be the weakness in our walls. Erosion will eventually cause our protection to collapse and allow our enemies to raid. “**

An uncontrolled life will misuse God's treasures and the gifts that He has given us. At all costs, let His spirit empower you to learn self-control. It is the key to C the Fruit!

### **Memory verse:**

Like a city whose walls are broken down is the man who lacks self-control.

Proverbs 25:28