

Be Disciple, Having Self-Control to God and Holy Spirit

We need to resist temptation in the world and around us daily. We need to use the fruit of the spirit to make decisions in our lives daily. The wayside Christians and disciples can have self-control in our lives is the following: removing temptation and sin, measuring our progress, managing our stress, prioritizing ourselves and things, and forgiving ourselves. Christians and disciples must control our temper in order to have self-control in our lives.

Everyone needs self-control in our lives in order to follow and obey rules. Christians and disciples must label our emotions to experience what we are feeling right now. It is better to do that so we can change how we feel. Christians and disciples reframe their thoughts. We must have and protect twelve gifts of the Holy Spirit, such as word of wisdom, word of knowledge, faith, healing, miracles, prophecy, and tongues. We need self-control to live and eat healthy by drinking water, eat more protein, plan your meals, avoid getting extremely hungry, fight stress, get enough sleep. When you eat protein, it will reduce your appetite daily.

End frustration and anxiety in our lives forever
End sign of ADHD
Improve social skills

I Corinthians 12:8

Self-Control During this Pandemic

Heavenly Father,
Help and lead more people to have self control to resist the devil
Heal our nation during this pandemic
Lead more more to have faith in God and become faithful to Holy Spirit
Lead more people to become humble
Lead and help people to live better by staying away from the flesh
Lead and help people obtain the fruit of the spirit
Provide people with hope and glory from God
In Jesus name, amen