



Growing in Self-Control

Read

James 3:1-12

As we seek to experience victory over depression, self-control is vital: control over our thoughts, our responses to others, our appetites and impulses, and—especially!—control over the words that come out of our mouths.

When you are in a negative mindset, you may be prone to speak negative words. You may be harsh in your communications, critical to your children, or abrupt in your responses to your husband. This passage from James clearly illustrates how difficult it is—but how necessary—to bring our words under control. Our ultimate goal is to speak in love (with patience, kindness, and gentleness), and share with others “the very words of God” (see 1 Peter 4:11).

Meditate

Think about the words that come out of your mouth. Think also about the **tone** in which they are spoken. Do these words edify and encourage others (Ephesians 4:29)? Is your communication pure, reflecting God’s holiness (Ephesians 5:4)? Is your tone loving (Ephesians 4:15)? During key points of your day, listen to yourself as if you were a third person. Do you like what you hear? What might others think of you if they were present in the room? What if that “other” person was *Jesus*?

On the next page, write a prayer, sharing your thoughts with God and noting any changes that you feel God would have you make in your communications with others—particularly when you feel challenged emotionally.





My thoughts...

Prayer:

Lord, help me to grow in self-control over my speech, that all of my communications might glorify and please you. "Set a guard over my mouth, O LORD; keep watch over the door of my lips" (Psalm 141:3).

