

DAY 12 – THE SPIRIT OF SELF-CONTROL

Scripture

2 Timothy 1:7

"God has not given us a spirit of fear, but of power, love, and a sound mind."

Meditation

Self-control is Spirit-control. When you yield to the Holy Spirit, discipline becomes a delight rather than a burden. He strengthens you to govern your thoughts, emotions, appetites, and actions with wisdom. You don't have to be controlled by every impulse; through the Spirit, you can live with clarity, discipline, and purpose.

Reflection

Let the Spirit master your appetites and thoughts.

What area of your thoughts, emotions, or habits do you need to surrender more fully to the Holy Spirit today?

Confession

The Spirit of discipline lives in me. I am temperate and wise in all things.

Personal Notes
