

“THINKABOUTIT” THOUGHT FOR THE DAY

Thursday; February 7, 2008

Self control is something we try to teach to our children, something we expect it from our leaders and something we even wrestle with it ourselves ... but, really, what is it?

Self control is often perceived as knowing what we should do and making that our goal and, while this is a good start, the truly controlled life goes beyond this. Self control is enhanced by acknowledging our emotions, which in turn, allows us to frame choices in a way that shows us their benefit and, then, ultimately leads to finding contentment in doing what we are supposed to be doing.

Self-control doesn't always begin by wanting to do something; but, those who have it are able to frame things in a way in which they get to the point they find enjoyment in doing what's right.

Living the good life doesn't always mean doing what we want to do; rather, often starts with doing what we ought to do. Let's make the decision to do what's right ... and until it becomes second nature to us, let's fake it 'til we make it.

Think about it! For the Madison Avenue Church of Christ; this is Charlie Wharton.