

No. 43 Pursue What Builds Loyalty (Symposium)  
-Self-Control

[PLEASE NOTE: This talk includes a video]

HOW DOES SELF-CONTROL BUILD LOYALTY? (1 min.)

Controlling our thoughts and actions prevents us from becoming  
"disapproved somehow" (1Co 9:27)

Self-control is necessary to avoid masturbation, pornography,  
inappropriate romantic relationships, or the misuse of tobacco,  
alcohol, or drugs

Each time we exercise self-control, we strengthen our attachment to  
Jehovah

HOW TO BUILD SELF-CONTROL (4 min.)

Self-control begins in the mind

In order to control our actions, we must first control our thoughts  
(2Co 10:5b)

Do not allow the mind to dwell on unclean or worldly thoughts  
More than willpower is involved; many who do not serve Jehovah excel  
in self-discipline and willpower

For Christians, self-control is an aspect of the fruitage of God's  
spirit [Read Galatians 5:16, 22, 23]

We "keep walking by" God's spirit by working in harmony with it  
Pray for holy spirit to guide, warn, and remind you of inspired  
instruction on "how to control" your own body (1Th 4:1-4, 8)

Study to identify *your* weakness and address it (w91 8/15 30)

Seek to understand the underlying cause

Avoid rationalizing

Keep a collection of scriptures and articles to review regularly

'Prove to yourself' that Jehovah's standards are right (Ro 12:2)

Confess mistakes in prayer and explain your desire to do what is  
right (Ps 51:1)

It may be advisable to seek assistance from a mature Christian

Ask that person to monitor your progress

Talk to him or her if you have a setback

Avoid anything, even if not wrong in itself, that causes you to  
weaken in your resolve to do what is right

As our dramatization resumes, note why it is important to control not  
just our actions but also our thoughts

VIDEO (4 min.)

BUILD SELF-CONTROL IN ALL THINGS (1 min.)

As Elaine's expressions in the video show, self-control is not limited  
to controlling our actions—it includes controlling our thoughts

By building self-control in *all* things, we strengthen our attachment  
to Jehovah so as to remain loyal to him

Brother \_\_\_\_\_ will now consider the next part of this symposium,  
"Pursue What Builds Loyalty-Love"

TO BE COVERED IN 10 MINUTES