All Glorious Within

Fruit of the Spirit, Part Eight

~ Temperance ~

May-August 2015

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“The King's daughter is all glorious within...” Psalm 45:13
About All Glorious Within

All Glorious Within is a publication for Christian young ladies that began in January 2006. It is compiled, edited, and published three times per year by Karissa Hiebert. Co-editors are Abe and Bernice Hiebert, who approve and improve each issue, giving many suggestions and much valued advice.

We welcome new subscribers! If you have friends or relatives that might be interested in receiving All Glorious Within, you may request brochures or sample issues for them. Free brochures available upon request. Gift certificates also available.

Our Mission

Our goal is to provide conservative, wholesome reading material to inspire girls in their Christian walk, endeavoring to maintain the centrality of Jesus Christ. If you have questions or concerns, please let us know personally about them. Suggestions are appreciated!

If you come across anything in All Glorious Within that is unBiblical, opinionated, or does not pass the tests of Philippians 4:8 and Colossians 2:8, please let us know about it. (Note that we do not necessarily endorse every word of each article.)

This issue of this publication has been approved by the co-editors, my parents (Abe and Bernice Hiebert).

Submissions

We gladly welcome submissions . . . please send articles, poetry, testimonies, reviews, homemaking tips, recipes, wedding/baby announcements, and other such contributions! We do not publish advertisements.

All submissions must be approved by the co-editors (editor's parents), and we ask that everything submitted be honoring to the Lord, based on the Word of God, and corresponding to Philippians 4:8. Please include information such as titles, authors, and publishers' information, where applicable. Thank you.

Submission Deadline for Next Issue:
November 30th, 2015

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Back Issues Available

To help cover costs of printing and postage, please include a donation if possible. Note – some issues may not be available.

Christian Chronicle (previous publication, 3-column format):
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Volume 2, Issue 4: Home Life
Volume 2, Issue 5: Humility

All Glorious Within (3-column format):
Volume 1, Issue 1: Speech

All Glorious Within (Magazine format):
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Volume 1, Issue 3: Boldness, Enthusiasm, Initiative
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Volume 8, Issue 1: Love
Volume 8, Issue 2: Joy
Volume 8, Issue 3: Peace
Volume 9, Issue 1: Patience
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Volume 9, Issue 3: Faith
Volume 10, Issue 1: Meekness

For contact information, please see inside cover. For subscription rates, please see back cover (page 20).
The fruit of the Spirit is temperance.

Every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: but I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.

Be not drunk with wine, wherein is excess; but be filled with the Spirit.

If any man will come after me, let him deny himself, and take up his cross, and follow me.

Let us not sleep, as do others; but let us watch and be sober. For they that sleep sleep in the night; and they that be drunken are drunken in the night. But let us, who are of the day, be sober.—Denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world; looking for that blessed hope, and the glorious appearing of the great God and our Saviour Jesus Christ.

~ G. Edgar

"Joy is love exalted; peace is love in repose; long-suffering is love enduring; meekness is love in society; goodness is love in action; faith is love on the battlefield; meekness is love in school; and temperance is love in training." ~ D.L. Moody
Greetings in the name of our King and welcome to the 31st issue of *All Glorious Within* . . . and the eighth issue in our *Fruit of the Spirit* series! ☺

Our theme this issue is Temperance. According to Strong’s Concordance, the Greek word used in Galatians 5:23 is *egkrateia*, which means: “self control (especially continence): - temperance.” It is from *egkrates*, which means: “strong in a thing (masterful), that is, (figuratively and reflexively) self controlled (in appetite, etc.): - temperate.”

You’ll notice that we’ve used temperance and self-control somewhat interchangeably throughout this issue. Self-discipline is another topic very closely related to self-control and temperance, yet it is so much its own topic that we decided not to incorporate it directly into this issue. The way I see it is: Self-control is holding back (even when you feel like doing something you shouldn’t); self-discipline is going forward (even when you don’t feel like doing something that you should). However, the two are both connected and separate.

If we use the word “self-control,” let’s not get caught up in the “self” part of it, but realize that the strength to control ourselves comes from the Lord. At the same time, let’s realize that we do have many choices to make and a will to yield to the Spirit’s control.

*Webster’s 1828 Dictionary* defines a few words. (“Self-control” is not an entry found in that dictionary.)

**TEMPERANCE:**
1. Moderation; particularly, habitual moderation in regard to the indulgence of the natural appetites and passions; restrained or moderate indulgence; as temperance in eating and drinking; temperance in the indulgence of joy or mirth. temperance in eating and drinking is opposed to gluttony and drunkenness, and in other indulgences, to excess.
2. Patience; calmness; sedateness; moderation of passion.

**MODERATION:**
1. Restraint of violent passions or indulgence of appetite. Eat and drink with moderation; indulge with moderation in pleasures and exercise.

**TEMPERATE:**
Moderate; not excessive; as temperate heat; a temperate climate; temperate air.
1. Moderate in the indulgence of the appetites and passions; as temperate in eating and drinking; temperate in pleasures; temperate in speech.
2. Cool; calm; not marked with passion; not violent; as a temperate discourse or address; temperate language.
3. Proceeding from temperance; as temperate sleep.
4. Free from ardent passion.

This marks the end of our *Fruit of the Spirit* series. We will be going into new topics, and as always, also welcome non-themed submissions.

Next issue’s theme is *Thankfulness*. What are you thankful for? Do you have any thoughts to share with the other readers? Poems, stories, songs, anything else? Please share them with us!

May this issue be a blessing to you! ☺

~ Karissa

“Let the professors of Christianity recommend their religion by deeds of benevolence - by Christian meekness - by lives of temperance and holiness.” ☺ - R. Johnson
Durelle is the editor’s brother. Durelle & Chelsey’s wedding announcement appeared in Volume 9, Issue 2; Chelsey wrote for Volume 9, Issue 1. Photo collage created by Anne Klassen.

I will praise you for I am fearfully and wonderfully made; marvelous are your works  
Psalm 139:14

CECILLY ANNE MAE HIEBERT

July 14, 2015...at 3:28 p.m.  
5 lbs. 5.5 oz....19 inches

Proud parents  
Durelle & Chelsey

A precious little angel sent from above.  
Wrapped in pink and surrounded with love!
And the fruit of the Spirit is… temperance.

It feels like not that long ago that I committed to writing an article for each of the Fruit of the Spirit issues of All Glorious Within and now it’s the last one. As look back over the hours I put into all the previous articles, I feel that my time was never wasted. Often-times there were trials that would threaten my concentration or even understanding of the subject. I don’t think any of the subjects were easy ones, and a time or two I even wondered if I should just call Karissa and say, “I can’t do this.” I never did and now I am very thankful for what I learned from pressing through and writing the articles. Now that the Fruit of the Spirit issues are coming to their close, I think that temperance is really a very good closing subject.

Temperance (or self-control) is something I subconsciously think about often. I wonder how much of that is because of the many times my mom would sing a little song, “Self-control is a very good thing…” I grew up knowing it was a good thing and also a thing to be desired. I don’t remember that I ever got annoyed at Mom for reminding (me) to have self-control. Now that I am not living with my family anymore, I don’t hear Mom reminding my younger siblings with that song, but I still think about it.

It took self-control to stick through and write these articles. There were times I had to miss out on things to write my article. There were days I spent “locked up” in my room writing, scrapping, and writing. Now that I am up to the self-control article, it’s taking self-control to commit myself to it.

What did self-control look like in the life of Christ? My mind goes to His trial and crucifixion. Those were the most difficult hours of His life, but as it was prophesied in Isaiah 53:7, “he opened not his mouth,” and that’s exactly how it was. Matthew 27:14 says, “And he answered him to never a word; insomuch that the governor marvelled greatly.” The mobs were yelling and screaming against Jesus and telling false things about Him, yet Jesus didn’t try to defend Himself. “Oh,” we say, “of course He was quiet because He knew He had to go through. He knew the outcome.” It’s true that He did and it says, “…who for the joy that was set before him endured the cross, despising the shame…” Hebrews 12:2.

You and I haven’t encountered being surrounded by a mob falsely accusing us and demanding that we be put to death. But I am sure we have all had times when we were falsely accused of something. It isn’t easy to respond in silence or calmly. Our human nature wants to push its head and lash out or defend itself. We might think it’s harder for us to go through victoriously than it was for Jesus because we don’t know what good could possibly come out of self-control. But really, does it matter if we do or don’t know what good will
...self-control is something God wants to see in our lives; God requires it of us; God knew it was important for our spiritual good.

What about us? When things go differently than we thought they should have gone, do we use self-control and rise above our inner struggles? Is it really that important that we get what we wanted? Is it really that important that we are understood? When we push for our way and don’t practice self-control, we might get what we want, but usually we find that it wasn’t worth it because we know we had a wrong attitude.

It isn’t (ever) easy to have self-control, but Jesus never said it would be easy to live the Christian life. In John 16:33 it says, “In the world ye shall have tribulation: but be of good cheer; I have overcome the world.”

The world is a huge place, but your world starts where you live. Are you living, in your world, in a way that exemplifies that Jesus Christ has overcome, and thus you have joy? True self-control will be expressed because you desire it and want to have it. Self-control (will be) difficult, but you and I can have joy in the midst of saying no to ourselves and yes to God, because “greater is he that is in you than he that is in the world.” 1 John 4:4.

Trishia Plett (22) lives in Dryden, Ontario and serves as receptionist for Northern Youth Programs. “My days include emailing, answering and transferring phone calls, and sending out great and small mailings. I love what I do here. On days when I miss home it’s a great comfort to know that God is the One who led me here. Each day I am thankful for the amazing team of people that surround me and I hope to be a blessing to the team as they are to me.”

May faith, deep rooted in the soul
Subdue our flesh, our minds control;
May guile depart, and discord cease,
And all within be joy and peace.

-Ambrose-
Suppose you held a glass of liquid as you walked toward me, and I carelessly or deliberately reached out and bumped you. Whatever you carried inside the glass would spill out.

That is the way our lives are. When we are bumped whatever is inside comes out.

That is why being filled with the Spirit on a continual basis is so important. The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self control. Bump that kind of person, and you will get the personality of Jesus.

Let us ‘redeem the time.’ Desultory working, fitful planning, irregular reading, ill-assorted hours, perfunctory or unpunctual execution of business, hurry and bustle, loitering and unreadiness—these, and such like, are the things which take out the whole pith and power from life, which hinder holiness, and which eat like a canker into our moral being.

Do not try only to abstain from sin, but strive, by God’s grace, to gain the opposite grace. If thou wouldest not slip back into sin, thou must stretch forward to Christ and His holiness. It is a dull, heavy, dreary, toilsome way, just to avoid sin. Thou wouldest not simply be impatient; thou wouldest long, like the beloved apostle, to rest on Jesus’ breast, and will what He wills.

Put off, concerning the former conversation, the old man, which is corrupt according to the deceitful lusts: and be renewed in the spirit of your mind; and ... put on the new man, which after God is created in righteousness and true holiness.

Ye are dead and your life is hid with Christ in God. – As Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life. Knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin. For he that is dead is freed from sin. Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord. Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof: but yield yourselves unto God, as those that are alive from the dead, and your members as instruments of righteousness unto God.

The repose, the quiet balanced rest which marks our Lord’s perfected life, is intended to grow more and more steadfast in those who are truly His; not the repose of indolence, not the calm arising from absence of trial and lack of temptation, a mere accidental freedom from inward struggle or difficulty, but the repose which lives in the conquest of passion, in the crucifixion of self, in a subdued will, in the reconciliation of every thought with a perfected obedience, as the whole inner being, entranced in God, yields itself in delighted harmony with His perfect mind. Such repose is attained through the continual progress of a life of grace, as it gradually overcomes the restlessness of nature, the excitements of self, the disturbance of temper or passion, the fruitless impatience of the will.
Dear Princess,

Susan and Linda had come to spend a few days with Rose and Daisy and the four cousins were having a gay time. It was Saturday morning and Mother left the four to do some cleaning and cooking while she went to town.

When Mother returned, dinner was ready and the family soon gathered around the table. The four girls were in such a hilarious mood that they were laughing all the time. No matter what was said, it was a signal for the girls to go into uncontrolled peals of laughter.

What are these four happy cousins lacking?

Myrtle’s appetite for story-books seems never to be satisfied. When she is in possession of a good book, it is almost impossible for her to be helpful or even congenial in the home. After she has gone to bed, seldom does she turn out her light until her current book is finished, even if it is late at night or early in the morning.

What is Myrtle's problem?

Helen loves to eat. Delicious desserts and rich foods are irresistible to her. Nibble, nibble, nibble between meals. And all too often she leaves the table with a much-too-full feeling.

What is wrong with Helen?

Then there are Reba, Fay, and Nancy. How these three sisters love to play. The croquet set is usually set up in the back yard ready to go. The bicycles are often rolling up and down the long lane. The girls spend many hours in the side yard throwing a ball back and forth. Whenever Mother wants the girls to do some work for her, they leave their play very unwillingly.

They are past the age for dolls and playhouses and games like chutes and ladders and candyland. But they have not gotten over their love for play.

What do these girls lack?

Ruby is talking all the time. Chatter, chatter, chatter. She talks until Mother is weary and Grandmother goes to her room for a little quietness and peace. She talks until her brothers tell her to “can the racket and sit on the lid” and Father suggests that she attempt to keep quiet for five minutes. The words just tumble on and on and on.

What is it that Ruby needs?
from her lips continually. It seems that she speaks every thought that comes to her mind.

What is Ruby’s trouble?

Violet is friendly and sociable. She enjoys having close friends and talking things over with them. When friends spend the night with her, the girls talk until one or two o’clock or even later in the morning. Violet finds so much to talk about that she cannot stop so the girls can go to sleep within a reasonable time. Violet’s incessant chatter has even kept awake visiting friends who needed their sleep and longed to be allowed the privilege to sleep.

What is Violet’s problem?

These girls lack temperance or self-control. The excuse, “I just can’t help it,” always reveals a life that lacks temperance. Whether laughing, reading, eating, playing, or talking, the princess must exercise moderation and discipline.

Each of these things has a rightful place in her life. Each makes a worthwhile contribution to her personality and character. But each must be controlled and balanced. The fruit of temperance is borne in her life by the Holy Spirit in all she does.

We all enjoy to be with the happy princess. We find her spontaneous laugh delightful. But the Spirit in her life keeps her laughter from being loud or boisterous. Temperance keeps her from laughing at times that are inappropriate for laughter. And at no time will the princess be made helpless by laughter, but rather she will always be master of it.

Reading can be profitable if worthwhile books are read. But it is damaging to read books and magazines that do not hold before you proper ideals and edify your spiritual life.

The girl who loves to read faces the problem of finding worthwhile reading material. There are so few books that can be read with real profit that the temptation is continually before her to read things that are not helpful.

In this area, the princess must exercise self-control. Can you discipline yourself to always choose to look to Christ for the power to resist the temptation to read what will hinder or cheapen high ideals and strong spiritual convictions?

Then, too, you must read with moderation. How much time may you give to reading? There is a time to work, a time to read, a time to sleep. But all must be kept in good balance and under the Spirit’s control.

Reading the Book of books is the most perfect and valuable reading that a princess can ever do. In a future letter we will discuss this vital subject.

Eating is necessary, profitable, and right. But if temperance is not used in what or how much we eat, our eating becomes a mere gratification of the appetites of the flesh. A daughter of the King is careful to keep her body, the “temple of the Holy Ghost,” in good health and vigor. She eats with this in mind and does not indulge the flesh in over-eating or in frequent snacks and confections that are harmful to good health and put on weight that is unnecessary and leads to physical and emotional problems. In this area, the princess lives with temperance and moderation.

Childhood was a time of play. The teen years are the years of transition from childhood to adulthood. Adulthood is a time when playing is no longer necessary or profitable.

In the years that stretch between childhood and adulthood, playing becomes less and less profitable, until it is dropped altogether.
The princess going through these years must learn to practice temperance in play if she is ever to grow up. Although the princess still desires to play, yet she must discipline herself to spend more and more time in profitable things and indulge less and less in play.

A certain amount of physical exercise is necessary for the physical health of the body, but the princess does not need to get all of this exercise by playing. Moderately strenuous work that leaves the princess quite tired will also properly exercise the body. If the princess allows the Spirit to bear the fruit of temperance in her life, He will solve the problem of too much play.

For good health and appearance the princess will also cultivate an erect posture when sitting, standing, or walking. Her body is the temple of the Holy Ghost and should be maintained in good health by the discipline and control of temperance in all of these areas.

Temperance or moderation in talking is an important lifetime habit to cultivate. Some of us have been born with “the gift of gab.” With all diligence the princess must bring her speech under control.

“Study to be quiet” the Scriptures teach us. Many other verses give instruction about our words—what we say and how we say it.

The princess must begin early to give thought and diligence to her speech and its control. As the princess allows the Spirit to bear His fruit of temperance in her life, this part of her character will become a fruitful one of kind, gracious, and edifying words that will build up and comfort those about her.

“Add to your faith virtue; and to virtue knowledge; And to knowledge temperance.” Knowledge is knowing what we should do and temperance is the strength of will to do it. Only in Christ can we find the strength to do His will.

“Every man [or princess] that striveth for the mastery is temperate in all things... I therefore... keep under my body, and bring it into subjection.”

Temperance is the strength from the Lord to control our bodies and spirits as they should be controlled. Temperance gives us the strength of will to refuse to do what is wrong.

“Temperance is the strength from the Lord to control our bodies and spirits as they should be controlled. Temperance gives us the strength of will to refuse to do what is wrong.”

Dear princess, covet earnestly to have this vital fruit of the Spirit, that your life may be steady, dependable, balanced, and controlled in the things that please your Father the King, that you may be a lovely and faithful princess.

If we know that the aim of the Holy Spirit is to lead man to the place of self-control, we shall not fall into passivity but shall make good progress in spiritual life. "The fruit of the Spirit is self-control.” - Watchman Nee

“O ur minds are mental greenhouses where unlawful thoughts, once planted, are nurtured and watered before being transplanted into the real world of unlawful actions... These actions are savored in the mind long before they are enjoyed in reality. The thought life, then, is our first line of defense in the battle of self-control.” - Jerry Bridges
“Thou hast proved mine heart; thou hast visited me in the night; thou hast tried me, and shalt find nothing: I am purposed that my mouth shall not transgress.” 
Psalm 17:3

“Set a watch, O Lord, before my mouth; keep the door of my lips.” Psalm 141:3

“There is a way which seemeth right unto a man, but the end thereof are the ways of death.” Proverbs 14:12

“Whoso keepeth his mouth and his tongue keepeth his soul from troubles.” Proverbs 21:23

“When thou sittest to eat with a ruler, consider diligently what is before thee: And put a knife to thy throat, if thou be a man given to appetite. Be not desirous of his dainties: for they are deceitful meat.” Proverbs 23:1-3

“Hast thou found honey? eat so much as is sufficient for thee, lest thou be filled therewith, and vomit it.” Proverbs 25:16

“He that hath no rule over his own spirit is like a city that is broken down, and without walls.” Proverbs 25:28

“A fool uttereth all his mind: but a wise man keepeth it in till afterwards.” Proverbs 29:11

“He was oppressed, and he was afflicted, yet he opened not his mouth: he is brought as a lamb to the slaughter, and as a sheep before her shearers is dumb, so he openeth not his mouth.” Isaiah 53:7

“But Daniel purposed in his heart that he would not defile himself.” Daniel 1:8

“But I say unto you, That ye resist not evil: but whosoever shall smite thee on thy right cheek, turn to him the other also. And if any man will sue thee at the law, and take away thy coat, let him have thy cloak also. And whosoever shall compel thee to go a mile, go with him twain.” Matthew 5:39-41

“And as he reasoned of righteousness, temperance, and judgment to come, Felix trembled, and answered, Go thy way for this time; when I have a convenient season, I will call for thee.” Acts 24:25

“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.” Romans 12:1-2

“But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof.” Romans 13:14

“Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.” I Corinthians 3:16-17

“Know ye not that the unrighteous shall not inherit the kingdom of God? Be not deceived: neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor abusers of...
themselves with mankind, Nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners, shall inherit the kingdom of God. And such were some of you: but ye are washed, but ye are sanctified, but ye are justified in the name of the Lord Jesus, and by the Spirit of our God.” *I Corinthians 6:9-11*

“Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain. And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. I therefore so run, not as uncertainly; so fight I, not as one that beateth the air. But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.” *I Corinthians 9:24-27*

“Whether therefore ye eat, or drink, or whatsoever yet do, do all to the glory of God.” *I Corinthians 10:31*

“This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.” *Galatians 5:16*

“But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law. And they that are Christ’s have crucified the flesh with the affections and lusts. If we live in the Spirit, let us also walk in the Spirit.” *Galatians 5:22-25*

“Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap. For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting.” *Galatians 6:7-8*

“Wherefore be ye not unwise, but understanding what the will of the Lord is. And be not drunk with wine, wherein is excess; but be filled with the Spirit; Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord; Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ; Submitting yourselves one to another in the fear of God.” *Ephesians 5:17-21*

“Do all things without murmurings and disputings;” *Philippians 2:14*

“I can do all things through Christ which strengtheneth me.” *Philippians 4:13*

“For this is the will of God, even your sanctification, that ye should abstain from fornication: That every one of you should know how to possess his vessel in sanctification and honour; Not in the lust of concupiscence, even as the Gentiles which know not God: That no man go beyond and defraud his brother in any matter: because that the Lord is the avenger of all such, as we also have forewarned you and testified. For God hath not called us unto uncleanness, but unto holiness.” *I Thessalonians 4:3-7*

“Therefore let us not sleep, as do others; but let us watch and be sober. For they that sleep sleep in the night; and they that be drunken are drunken in the night. But let us, who are of the day, be sober, putting on the breastplate of faith and love; and for an helmet, the hope of salvation.” *I Thessalonians 5:6-8*

“Not given to wine, no striker, not greedy of filthy lucre; but patient, not a brawler, not covetous;” *I Timothy 3:3*

“Let no man despise thy youth; but be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity.” *I Timothy 4:12*

“For a bishop must be blameless, as the steward of God; not selfwilled, not soon angry, not given to wine, no striker, not given to filthy lucre; But a lover of hospitality, a lover of good men, sober, just, holy, temperate;” *Titus 1:7-8*
“That the aged men be sober, grave, temperate, sound in faith, in charity, in patience.”
Titus 2:2

“For the grace of God that bringeth salvation hath appeared to all men, Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world; Looking for that blessed hope, and the glorious appearing of the great God and our Saviour Jesus Christ; Who gave himself for us, that he might redeem us from all iniquity, and purify unto himself a peculiar people, zealous of good works.” Titus 2:11-14

“Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath: For the wrath of man worketh not the righteousness of God.”
James 1:19-20

“For in many things we offend all. If any man offend not in word, the same is a perfect man, and able also to bridle the whole body. Behold, we put bits in the horses’ mouths, that they may obey us; and we turn about their whole body. Behold also the ships, which though they be so great, and are driven of fierce winds, yet are they turned about with a very small helm, whithersoever the governor listeth. Even so the tongue is a little member, and boasteth great things. Behold, how great a matter a little fire kindleth! And the tongue is a fire, a world of iniquity: so is the tongue among our members, that it defileth the whole body, and setteth on fire the course of nature; and it is set on fire of hell. For every kind of beasts, and of birds, and of serpents, and of things in the sea, is tamed, and hath been tamed of mankind: But the tongue can no man tame; it is an unruly evil, full of deadly poison. Therewith bless we God, even the Father; and therewith curse we men, which are made after the similitude of God. Out of the same mouth proceedeth blessing and cursing. My brethren, these things ought not so to be. Dost a fountain send forth at the same place sweet water and bitter? Can the fig tree, my brethren, bear olive berries? either a vine, figs? so can no fountain both yield salt water and fresh.” James 3:2-12

“Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ; As obedient children, not fashioning yourselves according to the former lusts in your ignorance: But as he which hath called you is holy, so be ye holy in all manner of conversation; Because it is written, Be ye holy; for I am holy.” 1 Peter 1:13-16

“But the end of all things is at hand: be ye therefore sober, and watch unto prayer.” 1 Peter 4:7

“Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: Whom resist stedfast in the faith, knowing that the same afflictions are accomplished in your brethren that are in the world. But the God of all grace, who hath called us unto his eternal glory by Christ Jesus, after that ye have suffered a while, make you perfect, stablish, strengthen, settle you.” 1 Peter 5:8-10

“Grace and peace be multiplied unto you through the knowledge of God, and of Jesus our Lord, According as his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue: Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust. And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; And to knowledge temperance; and to tem-
perance patience; and to patience godliness; And to godliness brotherly kindness; and to brotherly kindness charity. For if these things be in you, and abound, they make you that ye shall neither be barren nor unfruitful in the knowledge of our Lord Jesus Christ. But he that lacketh these things is blind, and cannot see afar off, and hath forgotten that he was purged from his old sins.”  II Peter 1:2-9

“Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world.”  I John 4:4

The day of temptation in the wilderness.

Let no man say, when he is tempted, I am tempted of God: for God cannot be tempted with evil, neither tempteth he any man: but every man is tempted when he is drawn away of his own lust, and enticed. Then when lust hath conceived, it bringeth forth sin. They lusted exceedingly in the wilderness, and tempted God in the desert.

Jesus being full of the Holy Ghost was led by the Spirit into the wilderness, being forty days tempted of the devil. And in those days he did eat nothing: and when they were ended, he afterward hungered. And the devil said unto him, If thou be the Son of God, command this stone that it be made bread.

He himself hath suffered being tempted, he is able to succour them that are tempted. – Simon, Simon, ... Satan hath desired to have you, that he might sift you as wheat: but I have prayed for thee that thy faith fail not.


Daily Light on the Daily Path, February 20th, Evening

One valuable way of practicing self-control is in checking grumbling, and an unnecessary display of vexation at petty inconveniences. A workman has fulfilled his task imperfectly, some order is wrongly executed, some one keeps you waiting unreasonably; people are careless or forgetful, or do what they have in hand badly. Try not to be disturbed; be just, and show the persons to blame where they are wrong, even (if it be needful) make them do the thing over again properly; but refrain from diffuse or vehement expressions of displeasure. A naturally quick, impetuous person will find that to cultivate a calm external habit is a great help towards gaining the inward even spirit he needs.” -Lear

“We must have a spirit of power towards the enemy, a spirit of love towards men, and a spirit of self-control towards ourselves.” -Watchman Nee

The slack, indolent temperament, disposed to self-indulgence and delay, will find a very practical and helpful discipline in strict punctuality, a fixed habit of rising to the minute, when once a time is settled on; in being always ready for meals, or the various daily matters in which our unpunctuality makes others uncomfortable. Persons have found their whole spiritual life helped and strengthened by steadfastly conquering a habit of dawdling, or of reading newspapers and desultory bits of books, when they ought to be settling about some duty.” -Lear

Temperance is simply a disposition of the mind which binds the passions. -Aquinas
Self-control is a key to service. Once we yield every area of our lives to God, He uses us in exciting ways! Self-control means obeying without question the orders of our Master – even when it seems difficult or confusing. One who is self-controlled simply says “no” to impure thoughts, unkind words, selfish motives, grouchy attitudes, extra desserts, irresponsible actions, and all other temptations.

In Webster’s dictionary, self-control is defined as “controlling… one’s body and soul”. This is a daily surrendering of our fleshly desires as we place our lives under the moment-by-moment direction of the Holy Spirit.

When we become saved, the Holy Spirit indwells our spirit. But we still live in a body – our physical self with all its natural desires. We also have a mind (thoughts and knowledge), will (decisions and agenda), and emotions (feelings).

How does this relate to self-control? God’s design is that His Spirit indwelling us should rule our lives. This is what it means to be self-controlled. We are always seeking to do what is right and what pleases the Lord. When a decision comes, we seek the direction of the Spirit in our lives. When tempted, we overcome through His power.

However, it doesn’t always work this way in reality! The devil is constantly tempting us to let our mind, will, emotions, or physical desires rule our lives. Let’s see what happens in each of these cases.

If our lives are ruled by our mind, we can become filled with pride. We will do whatever seems best to us based on the information we have. Anything that we cannot understand with our human mind we will reject as untrue. When facing sin, our mind will rationalize and we will act based on human reasoning. We will be unable to conquer impure thoughts.

If our lives are ruled by our will, we will simply devote ourselves to our own agenda! Even if we try to do good things, we will be doing them in our own strength, which will eventually fail us. Whenever we meet opposition, we will become stubborn and upset. We will be unable to follow God’s direction or experience His success because our focus is on what we want to accomplish.

If our lives are ruled by our emotions… well …! Have you ever wondered why someone is a grouch, only to hear them say, “I’m just depressed”? Emotions go all over the map! If they rule our lives, we will become unpredictable and weak. We may feel inspired and enthusiastic about the Lord during a church service, but when Monday morning comes, we are tired and cross. This concept can be especially applied to the area of romance. If you are ruled by your emotions, you will be unable to overcome infatuations, make wise and lasting decisions, and maintain a single focus.

If our lives are ruled by our physical desires, we live in self-indulgence, the direct opposite of self-control. We are then following the false humanistic philosophy that whatever feels good is right!

Self-control means submitting our mind/thought life, will/agenda, emotions/feelings, and physical desires to the direction of the Holy Spirit. (When the Word says, “Rejoice in the Lord”, it doesn’t matter if the emotions are...
depressed!) Once we have our lives in this order, you can see now how self-control will result!

“It is for freedom that Christ has set us free. Stand firm then and do not let yourselves be burdened again by a yoke of slavery.” - Galatians 5:1. Since we are no longer slaves to sin, we must instead live for the Lord and use our bodies as instruments of righteousness. Read Romans 6—a beautiful chapter on overcoming sin and living for God—to fully understand this.

Although it is exciting to know that we have been set free from the bondage of self (sin), it is a continual battle to keep our focus on the Lord and daily accomplish His work. The devil is always tempting us to yield again to the control of our physical desires. But we can claim this promise in each of our lives: “No temptation has seized you except what is common to man and God is faithful, he will not let you be tempted beyond what you can bear.” - 1 Corinthians 10:13. We never have to give in to temptation. We always have a choice!

What are some practical ways to apply self-control in our lives? Here are some I (Mara) thought might be helpful.

1.) Daily read, memorize, and meditate on God’s Word. This is vital for overcoming temptation and for living under the direction of the Spirit.

2.) Resist the pull of the world on your life! In our day the world has rejected the concept of self-control. But God has a different pattern, a new life, He wants us to follow. “Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.” - Romans 12:2.

3.) Begin each day by giving all your desires and expectations to the Lord. This way we can learn to see irritations and all our circumstances as God’s way of developing character qualities in us. “Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far out weighs them all.” - 2 Corinthians 4:16-17.

4.) Remember the grace of God. “For the grace of God that brings salvation has appeared to all men. It teaches us to say ‘No’ to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age.” - Titus 2:11-12.

5.) Walk in the Spirit. “This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.” – Galatians 5:16.

In my own life it is a daily challenge to keep my focus on the Lord. For example, I sometimes give in to self-indulgence by reading a book when I should be washing the dishes, or fall into self-pity when my plans get interrupted. It is so easy for me to get caught up in my self and when I do, it shows in my words and actions. My outward actions portray what is in my heart, and my heart is too often focused on myself. Although I am weak and give in to self, the Lord is so faithful in reminding me where my focus needs to be. My parents also are always willing to gently point out my blind spots and give ways to overcome them. As I give myself to the Lord, I find a new freedom in my life and greater opportunities to minister.

It is by daily offering our lives as a living sacrifice (Romans 12:1) and by placing our lives under the direction of the Holy Spirit that we can learn self-control. Instead of being controlled by our flesh, we can live a new Spirit-controlled life in Christ Jesus. “But now being made free from sin, and become servants to God, ye have your fruit unto holiness, and the end everlasting life.” – Romans 6:22.
"I really enjoyed this one! I especially appreciated the article by Sister Ann Brubaker. That was really a blessing in challenging me all over again to keep on being an all glorious daughter of the King! What she said about serving really was good, and also about contentment... Contentment is an attitude of the heart; it is the fruit of a selfless life. It is the fruit of a life that is settled and surrendered to God."

"It's such a blessing to have older sisters in the Lord encouraging us young ones to keep on trusting God and walk in purity and the beauty of holiness!! I also enjoyed Trishia Plett's article... her input always throws some new light on the subjects!!"

"I haven't even finished digesting all that Sister Ann wrote, nor comprehended the full impact of it. The way I can think to describe it, is like many keys into the kingdom for young ladies. There were several areas that I had come to a standstill on, wondering just what I was missing... things seemed to be in order, yet there was some thing lacking. Some statements that stood out to me were: truly loving the Lord above all else; finding that place of security in Christ to where others' words and deeds don't bother me; being always content, not just sweet seasons of it; loving to be under authority, not just willingly submitting; finding it my highest joy to serve others to their benefit; etc. I feel like the Lord answered my prayer of frustration in sending the keys!"

"Let our temper be under the rule of the love of Jesus: He can not alone curb it,—He can make us gentle and patient. Let the vow, that not an unkind word of others shall ever be heard from our lips, be laid trustingly at His feet. Let the gentleness that refuses to take offence, that is always ready to excuse, to think and hope the best, mark our intercourse with all. Let our life be one of self-sacrifice, always studying the welfare of others, finding our highest joy in blessing others. And let us, in studying the Divine art of doing good, yield ourselves as obedient learners to the guidance of the Holy Spirit. By His grace, the most common-place life can be transfigured with the brightness of a heavenly beauty, as the infinite love of the Divine nature shines out through our frail humanity." - Andrew Murray
Have I No Right?

Can't I have the right to be myself, 
In all my pride, and the superness of my Being? 
Have I no right 
To accumulate and live in wealth; 
To be happy and untroubled on care-free wing?

Have I no right 
To have real independent freedom, 
Where I rule me, and me rules I, the whole day long? 
Have I no right 
To be superior to Heathendom 
If I go to the Church and sing my Christian song?

Have I no right 
To say what I want, and when I want; 
To have lofty opinions and philosophies? 
Have I no right 
To do as I like and say I shan’t 
Allow myself to suffer any atrocities?

Have I no right 
To follow my own head and its plans, 
To be lord of my fate and master of my will? 
Have I no right 
To refuse all rules, despise all bans? 
Have I no right to keep on being what I am still?

No!
You have no right! 
If you say you love God and serve Him, 
You do not have one single right to anything! 
You have no right 
To float through this world on care-free wing 
If you dare confess with your lips that you love Him!

No!
You have no right 
To be anything else, but alone His, 
To be anything He doesn’t want you to be! 
You have no rights! 
What harsh, ominous word is this? 
What is this, this my God is telling me?

Oh!
You have no right 
But to be a vessel filled with Love; 
Humble, lowly, and - alas for the flesh! - nothing! 
You have no right 
To love yourself, your wealth and your stuff. 
You have no rights! and are required EVERYTHING!

Yes!
You have no rights; 
All rights you have you must now give up 
And turn and love the One Who gave His all for you. 
He had no rights. 
He gave it all up and drank the Cup 
Of final humiliation and death for you.

He had no rights, 
Yes, and still He does not have any; 
He gave it up for Love of His Father and men. 
He had no rights, 
He gave all of Himself to many, 
And on the Cross . . . He did not have any rights then!

Now I ask you, 
You, His disciple, that follow Him. 
How can you ask for the privilege of your rights? 
Is it not so 
That Life flies on one single wing? 
A wing called faith and sacrifice, a wing so bright?

There are no rights 
In God’s world of Faith, and Hope and Love. 
All rights are lost in the great sacrifice of self. 
And where there’s Love, 
Things like rights lose their sway soon enough. 
The Lord has a richer treasure store than rights’ wealth.

Let go your rights! 
Take up your Cross, heavy though it be, 
And follow Christ in Love to Mount Calvary. 
Lay it there, 
Then you will be delighted to see 
There is a lot of peace in getting rid of ME.
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