



Self Control

Submitted by Bishoy Habib
St. George, Daytona Beach, FL

What is self-control? When we think of fasting, we should think of fasting and prayer. Well, in order to do both of those, especially fasting, we need self-control. Self-control, as defined in Webster's Dictionary, is "Restraint exercised over one's own impulses, emotions, or desires". This means that you should control and restrain your actions and thoughts, not let them control you. As Solomon the Wise once said, "he who rules over himself is better than he who rules over a city". Well, many of us young people reading this are probably thinking that this only applies to adults: You couldn't be more wrong.

How can you exercise self-control at school? Self-control is something that can be practiced everywhere from church, to school, even to work, so I'll tell you about school. It's a Monday morning during the Lent, and you're very tired. You walk into 1st period, and then you remember that you forgot to read a short passage for homework. Suddenly, the teacher says there's a pop quiz on the passage, and it's worth a lot of points too. Your really not in the mood to guess so your eyes start to wander, and before you know it, you've just cheated, even if you didn't get caught. You leave first period, and your walking in the hallway to 2nd. You see somebody drop money, so you go and take it rather than giving it back to them. 2nd period goes by smooth, except that you said a couple of bad words to another student, for any reason, it really doesn't matter. Your on your way to 3rd period, nutrition, and you just remember that today your cooking kofta (or something not fasting). You are the cook for the lab, so you do some of the cooking. You think to yourself "Well, it wouldn't hurt if I just tasted a little bit of it. After all, I am the cook", and before you know it, you cant even control the minor things in your life, let alone the major things. This is the work

of the devil. He's trying to tell you "Oh, its ok, its only a little bit", or "Oh, its only a quiz" and things like that. My Sunday School teacher tells us that the devil rarely tries to get you to completely forget God and do a big sin. For example: You read the Agpeya everyday. One day your in a hurry, so you think "Oh man, just skipping the conclusion won't hurt me. It'll let me finish 5 minutes earlier everyday", and so you stop the conclusion. After a while, like 3 months or so, he'll come back and tell you to skip just a psalm or two, and so on and so forth. Imagine what this person would be like after 5 years.

Other ways you can practice self-control. There are many different ways to practice self-control. You can try to control yourself at a time of anger, to control your heart from spite, rage, and hatred, and your tongue from cursing and condemning others. Also try to control yourself against excitement, hastiness, and rashness and calm down yourself. You can control yourself against any desire that comes to your heart and you long to fulfill. Don't submit to every desire, but restrain your feelings, instincts, and wishes. Also control yourself in defending yourself against people with less self-control than you. It says in Romans 15:1 "We then who are strong ought to bear the scruples of the weak". Control yourself with regard to your thoughts. Control your senses, especially your hearing and eyes, and do not allow yourself to hear or see something improper. Control yourself at the time of prayer, so that your mind doesn't wander away from payer when you are standing in front of God. If you have controlled yourself completely, then you can say you have succeeded in fasting.

Verses in the Holy Bible on self-control:

(see Self Control, continued on page 51)



evangelism in the early church

Written by Diana Mikhail
St. Mary, Atlanta, GA

Who were the early Church Fathers and what can they teach us about the Holy Scriptures? The age of the Church Fathers begins with the apostles and the first disciples who had the privilege of personal contact with the Lord Jesus Christ. The word “apostle” is derived from the Greek word “apostello” which means “to send forth”, or “to dispatch”. The Lord left for the Church the Great Commission, “Go into the entire world and preach the Gospel to every creature. He who believes and is baptized will be saved: but he who does not believe will be condemned.” Therefore, the great task of the Church was very clear, to **evangelize**. The early Christians were characterized by a compelling desire to offer others the incomparable blessings they had received through faith in the Lord Jesus Christ. Certainly, part of their motivation in sharing the Holy Gospel was simply the natural delight related to bringing Good News to others. Another compelling reason to share the Holy Gospel among the early Christians was simply love. Love for God and their fellowmen. They desired to share the joy and happiness of God’s influence with the nations.

If the Lord has commanded the Church to make disciples of all nations, He must have meant this nation, too. Consequently, Orthodoxy has a mission to this country. We do have a special ministry to those who came from Greece, the Middle East, Eastern Europe and Russia, but we also have a special mission to all the people of North America and they are men and women of every race and people on earth. **Evangelizing** can be done at any time as the Holy Spirit guides, or as the occasion warrants. In other words as the opportunity arises. Everybody and anybody can be reached: the rich, the poor, the young and the old; male and female; the bedridden and the

imprisoned. Every Christian can **evangelize**, not all Christians are called to priesthood, but all can and should be able to win others to the Lord Jesus Christ. Personal **evangelism** is a personal conscious effort to witness to a soul about the saving the Lord Jesus Christ. May the Holy Spirit guide us in our mission to **evangelize** to the people who have yet to learn about the Lord Jesus Christ. Glory be to God, forever. Amen. ✠

(Self Control, continued from page 50)

1. Proverbs 25:28- Like a city whose walls are broken down is a man who lacks self-control.
2. 1 Corinthians 7:5-come together again so that Satan will not tempt you because of your lack of self-control.
3. Galatians 5: 22-23- But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.
4. 1 Thessalonians 5:8- But since we belong to the day, let us be self-controlled, putting on faith and love as a breastplate, and the hope of salvation as a helmet.
5. 1 Peter 1:13- Therefore, prepare your minds for action; be self-controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed.
6. 1 Peter 4:7- The end of all things is near. Therefore be clear minded and self-controlled so that you can pray.
7. 1 Peter 5:8- Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. ✠