

When you allow your feelings to control you - anger, impatience, lust, a negative attitude etc., your walls of defense are down. The enemy can come in and run and ruin your life. God has given us self-control, so stop making excuses and saying, "I can't stop it. It's too difficult." You have the ability, but self-control is like a muscle - if you never discipline yourself to walk away when you feel like taking the easy way out, then your self-control muscle is very weak. You need to start exercising it by saying no to your flesh.

You have a pre-ordained destiny in Christ to fulfill, but as long as you are controlled by these ordinary impulses, God cannot release the amazing things He has in store for your future. Spiritual maturity has nothing to do with how many years you have been in church, or how long you have known the Lord. It has everything to do with what kind of fruit you are displaying. Are you ruling over your emotions?

Proverbs 25:28 "Whoever has no rule over his own spirit is like a city broken down, without walls."