Living with Self-Control as a Teen



Discover how to practice self-control in every area of life by leaning on God's Spirit to choose wisely beyond anger, habits, and temptations.





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Introduction

Being a teen is filled with exciting opportunities and challenges. This season of life often presents moments where our emotions, habits, and choices pull us in different directions. *One of the most important skills to develop during these years is self-control.* Scripture encourages us to live wisely, not reacting impulsively but leaning on God's Spirit to guide our hearts and minds.

Self-control is more than just saying "no" to bad habits; it is about cultivating a life that reflects Christ's character. Whether it's managing anger, making wise decisions about screen time, or resisting unhealthy temptations, self-control is a fruit of the Spirit that empowers us to grow stronger spiritually and emotionally.

Over the next three days, we will explore how the Bible instructs us to practice self-control. We will dive deep into God's Word to understand why self-control matters and how, by relying on the Holy Spirit, we can respond thoughtfully instead of reacting impulsively. This journey will help you not only understand self-control but also put it into action in your daily life, shaping your habits and your heart.

Remember, self-control is a lifelong journey, and God's grace is abundant when we stumble. He is ready to help you choose wisely and show His love through your actions. Let's commit to this time of growth and embrace the transformation God desires for every teen eager to walk in His ways.

















Your Verse

Proverbs 16:32 – "Better a patient person than a warrior, those with self-control than those who take a city."

Supporting Scriptures

- James 1:19 "Everyone should be quick to listen, slow to speak and slow to become angry."
- Ephesians 4:26–27 "In your anger do not sin: Do not let the sun go down while you are still angry..."







Devotional: Choosing Patience Over Anger

Anger is a natural emotion, but it can become destructive if we let it control us. As a teen, you might find that situations trigger strong feelings, making it tempting to react quickly or lash out. However, God calls us to a higher standard—to practice patience and self-control, especially when anger rises.

Proverbs 16:32 reminds us that it takes greater strength to be patient than to conquer a city. This shows just how valuable self-control is in our lives. When we feel angry, instead of reacting impulsively, God invites us to pause, pray, and let His Spirit guide our responses.

James 1:19 teaches us to be "slow to anger," emphasizing listening and understanding before speaking or reacting. This helps us avoid sinning through words or actions fueled by anger.

Ask God to fill your heart with His peace and power to control your temper. Remember, choosing patience not only honors God but also strengthens your relationships and makes you a reflection of His love.







Reflect and Apply

1.	What triggers my anger most often, and how do I usually respond?
2.	How can I invite God to help me pause before reacting in anger?
3.	What would change in my relationships if I practiced more patience?







Journaling Prompts

	Write about a recent situation where anger controlled your reaction. How would you handle it differently with God's help?
2.	List three ways you can practice patience when you start to feel angry.
	Describe what it means to you to have self-control in moments of frustration.







Prayer for Today

Dear God, thank You for reminding me that You give me the strength to control my anger. Help me to be patient and slow to react when I feel upset. Fill me with Your Spirit so I can respond with kindness and love instead of frustration. Teach me to listen more and speak less when I'm angry. Thank You for Your grace when I stumble and for always being ready to help me grow. In Jesus' name, Amen.















Your Verse

Galatians 5:22–23 – "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control..."

Supporting Scriptures

- Psalm 101:3 "I will not look with approval on anything that is vile... I hate what faithless people do; I will have no part in it."
- 1 Corinthians 10:13 "No temptation has overtaken you except what is common... God is faithful; he will not let you be tempted beyond what you can bear..."







Devotional: Wisdom in Watching and Waiting

In today's digital age, managing screen time can be one of the hardest areas to practice self-control. Whether it's social media, gaming, or streaming, these activities can quickly consume your time and affect your focus, mood, and spiritual health.

Galatians 5:22–23 lists self-control as a fruit of the Spirit, showing it's a quality God wants to grow within us by His power. Allowing the Holy Spirit to guide your choices means making wise, intentional decisions about how you spend your time, including digital habits.

Psalm 101:3 reminds us to set boundaries and avoid things that are harmful or distracting. Saying no to excessive screen use helps protect your mind and heart from negativity or temptation.

1 Corinthians 10:13 encourages you that you're never alone in struggling with temptation. God's faithfulness means He will help you overcome and choose what is good. You can ask Him every day for strength to use your time wisely and honor God with your habits.







Reflect and Apply

1.	How does my screen time affect my mood and spiritual walk?
2.	What boundaries can I set to create healthier habits with technology?
3.	How can I invite the Holy Spirit to guide my decisions about media use?







Journaling Prompts

1.	Track your screen time for a day and reflect on how it made you feel.
	List three things you could do instead of screen time that would help you grow closer to God.
3.	Write a prayer asking God to help you find balance in using technology.







Prayer for Today

Lord, help me manage my time and use technology in ways that honor You. Teach me to say no when I need rest and to be mindful of what I choose to watch or scroll through. Fill me with Your Spirit so that I can practice self-control and make wise choices even when distractions are everywhere. Thank You for being faithful and giving me strength every day. Amen.















Your Verse

2 Timothy 1:7 - "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

Supporting Scriptures

- Romans 8:13 "If by the Spirit you put to death the misdeeds of the body, you will live."
- Proverbs 25:28 "Like a city whose walls are broken through is a person who lacks self-control."







Devotional: Empowered to Discipline Yourself by the Spirit

Impulsive habits—whether in speech, actions, or decisions—can often lead us away from the path God wants us to follow. Thankfully, God has given us His Spirit, which empowers us with self-discipline and wisdom to overcome these tendencies.

2 Timothy 1:7 tells us that the Spirit gives us power, love, and self-discipline, not fear or weakness. This means that instead of giving in to impulses, you can rely on God's strength to choose what honors Him and protects your wellbeing.

Romans 8:13 challenges us to "put to death the misdeeds of the body" by the Spirit. This calls for intentional daily choices to turn from harmful habits and embrace God's transforming power.

Proverbs 25:28 paints a vivid picture of the importance of self-control—it's like strong city walls that protect and secure us. Without self-control, we become vulnerable to harmful influences and regret.

Consider the areas where you tend to act impulsively. Invite God's Spirit to guide you and give you the strength to pause and choose wisely. It's a journey of growth, but with God, it's never impossible.







Reflect and Apply

1.	What impulsive habits do I struggle with the most?
-	
2.	How can recognizing the Spirit's power help me make better choices?
-	
	What practical steps can I take to build stronger spiritual 'walls' of self-control?
-	







Journaling Prompts

Reflect on a time you acted impulsively and what you learned from it.
Write a list of areas where you want to grow in self-discipline through God's help.
Pray and journal a commitment to rely on the Holy Spirit in difficult noments.







Prayer for Today

Father, thank You for giving me Your Spirit who empowers me to live with self-discipline and love. Help me recognize when I'm tempted to act impulsively and give me the strength to pause and choose wisely. Build strong walls of self-control around my heart so I am protected and guided by You. I trust in Your power to change me day by day. In Jesus' name, Amen.







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