



Thursday Thought

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“Moderation?”

Thursday, January 12, 2016

Verse for the week: Galatians 5:22-23 (NLT) “But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, and self-control.”

Recently I went to the doctor for a checkup. Thankfully the concern I went to the doctor for wasn't a concern! Every time I go to the doctor they always make me stand on the scale, take my blood pressure, and take my temperature. The good news is that I had a temperature, but the bad news was my blood pressure and weight were up. Uggggh! As I considered what I would do to correct the situation I realized that there were several reasons why those numbers went up. The biggest reason was the lack of moderation! According to Google, the definition for *moderation* is, “The avoidance of excess or extremes, especially in one's behavior or political opinions.” It's hard to eat in moderation during the holidays, as well as at other times, but the negative results become apparent eventually.

Over the past 200 years the use of the word *moderation* has decreased by about 75% in our conversations. (Seriously, who tracks this stuff? Thanks Google for this piece of trivia!) In the United States of America, we seem to have a thirst for more, more, more and hardly even acknowledge the word “*moderation*” anymore. Even though the phrase “*moderation in all things*” is not in the Bible, it's still some good advice. Moderation is basically self-control – knowing when to say enough is enough. I've eaten enough, I've drank enough, I've talked enough, I've spent enough, I've worried enough, I have enough! **Proverbs 25:28 (NLT) says, “A person without self-control is like a city with broken-down walls.”** What this verse is saying is that without self-control, we are fighting a losing battle. The good news is that even if we think we don't have self-control, we do. Joyce Meyer said, “I have learned that I really do have discipline, **self-control**, and patience. But they were given to me as a seed, and it's up to me to choose to develop them.” How do we develop moderation/self-control?

1. Start small – Too often we make these huge goals that are totally unrealistic. Instead of saying I'm going to lose 25 pounds this month, try setting a goal of cutting back on soda or coffee to just one or two a day. Make your goals realistically measurable and achievable.

2. Seek accountability – Find someone that will stay on your case and continue to encourage you.

3. Keep track of your progress – This is called journaling.

4. Celebrate small victories--be good to yourself when you have done well.

Questions to ask yourself: In what areas do you need to develop moderation/self-control?

Remember: “The disciplines you establish today will determine your success tomorrow.”