

FamilyLife Blended® Radio Transcript

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Take Off, Put On: Self-Control

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Ron: Hey, man, get a hold of yourself.

Announcer: For FamilyLife Blended®, here's Ron Deal.

Ron: A lot of people in our world today fall prey to their own passions and desires and their emotions. But getting a hold of yourself—learning self-control—is really about taking command of your tongue, your selfish desires, your fears, and not letting them run rampart on you.

So, whether you're a parent who doesn't follow through on discipline because you feel guilty about something, an employee who cuts corners because everyone else does, or a teenager who back-talks a stepparent when you're really frustrated with your mom or dad—you're not exercising self-control. Ask God to help you get a hold of yourself, that is. You may like who you've become. For FamilyLife Blended I'm Ron Deal.

Announcer: To find out more visit familylifeblended.com.

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