

# Wisdom From A Mother | Self Control I

## 5.10.26 Demetria Victor

### Key Outcomes

Mama D delivered the main teaching on **self-control as a fruit of the Spirit**, covering practical applications for daily discipline, managing anger and rage, and the importance of releasing emotional burdens through prayer and testimony sharing [1](#) [2](#). The service emphasized that **the enemy's primary target is believers' faith**, not personal attacks, and that fear operates as a counterfeit currency producing debt rather than abundance [3](#) [4](#). Wives were specifically called to increase intercessory prayer for their husbands as they go deeper in God [5](#) [6](#).

### Main Teaching Points

#### Self-Control as Spiritual Fruit

- **Biblical foundation:** Self-control listed as fruit of the Spirit in Galatians 5:22-23, defined as the ability to manage impulses, emotions, and behaviors to achieve long-term goals and resist immediate temptations [2](#)
- **Without self-control:** A person is like a city with broken-down walls (Proverbs 25:28), leaving them unprotected and vulnerable to enemy attacks [7](#) [8](#)
- **Key areas requiring self-control:** Speech, sexual purity, anger management, and addictions (including food, shopping, gym overuse, and overspending) [9](#) [10](#) [11](#)

#### Practical Daily Disciplines

- **Morning routine:** Get up early and prepare for the day, including laying out children's clothes the night before [12](#) [13](#)
- **Physical activity:** Walking, exercising at home, or using YouTube workout videos for maintaining health [14](#)
- **Daily goals:** Write down goals and check them off as completed; maintain a journal for tracking progress [15](#)

- **Hydration and nutrition:** Stay hydrated throughout the day and eat healthy, avoiding junk food and red dye (especially for children with hyperactivity or ADHD) <sup>15</sup>
- **Reading and writing:** Read daily for learning and growth; write down what God speaks immediately to avoid forgetting <sup>16</sup>

## The Danger of Unprocessed Emotions

- **Bottling up trauma:** Major life events and trials that are never expressed or discussed create internal pressure like an over-inflated balloon <sup>17 18 19</sup>
- **Physical consequences:** Holding in emotions leads to ulcers, liver problems, pancreas issues, intestinal diseases, blood pressure problems, diabetes, and cancer <sup>19 20</sup>
- **Toxic seepage:** Unexpressed anger "seeps out" as toxic behavior affecting others—anxiety, hatred, bitterness, wickedness, and unpleasantness bleeding onto those around you <sup>21</sup>
- **Explosion into rage:** Anger transforms into rage, making someone a "ticking time bomb" that eventually explodes, fragmenting into many destructive pieces <sup>21 22</sup>
- **Becoming a murderer:** Rage leads to murder—both literal physical harm and killing others with slanderous words that speak death over their lives <sup>20 22</sup>

## The Enemy's Strategy Against Faith

- **Primary target:** The enemy attacks faith because without faith it is impossible to please God (Hebrews 11:6) <sup>3</sup>
- **Fear as counterfeit currency:** Fear produces results but creates debt, unlike faith which operates from abundance as children of the Good Shepherd <sup>4 23</sup>
- **Examples of fear's productivity:** Fear of poverty, being single, or divorce can produce outcomes (wealth, spouse, or actual divorce) but through the wrong spiritual economy <sup>4 23</sup>
- **The real battle:** Attacks are not personal but designed to get believers to operate in doubt and believe what they see rather than the unseen substance of faith <sup>23</sup>

## Prayer Requests Addressed

- **Mental prisons:** Breaking down prison walls mentally through God's Word, which is sharper than any two-edged sword [1](#)
- **Hearts of flesh:** Replacing stony hearts with hearts of flesh; Holy Spirit as consuming fire burning away trash and filth, refining believers as pure gold [24](#)
- **Spiritual discipline:** Growing in faith, favor, and the Word; standing up in adversity and challenges [25](#)
- **Mothers specifically:** God seeing every heart, desire, and worry; prayer for women without children to know they are more than enough in Christ [26](#) [27](#)

## Biblical Strategies for Self-Control

- **Depend on the Holy Spirit:** Ask for directions and instructions in all areas, including what to wear and how to conduct oneself modestly [11](#) [28](#)
- **Prayer and fasting:** Engage more frequently in fasting to gain better control over specific areas of struggle [28](#) [29](#)
- **Avoid triggers:** Stay away from people, places, or situations that trigger loss of control (emotional, sexual, or otherwise) [29](#)
- **Accountability partner:** Find someone to help stay on track, but only if genuinely wanting help—not just saying words without heart commitment [30](#)
- **Renew the mind:** Transform through changing thought patterns (Romans 12:2), allowing God to create a new person [30](#)
- **Treat body as temple:** Recognize the body as the temple of the Holy Spirit (1 Corinthians 6:17-20), requiring proper care to avoid shortening one's days [31](#) [32](#)

## Testimony Shared

- **Taste bud transformation:** Mama D shared how God changed her taste buds after years of resistance to dietary changes recommended by doctors and prophets [33](#)
- **Key lesson:** The same God who delivers and heals can change taste buds; don't give up when something doesn't work the first time—keep trying with God's help [33](#) [34](#)
- **Application:** Anything can be accomplished through Christ who strengthens us; research and put in the legwork when resources are limited [34](#) [35](#)

## Call to Action for Wives

- **Increased intercession:** God specifically called wives to pray more for their husbands this morning 5
- **Strategic timing:** As husbands go deeper in God, the enemy will attack their faith more aggressively 5 6
- **Divine order impact:** If the enemy can get the husband "discombobulated" and off his game, everything in the family structure will fall apart 6
- **Power of praying wife:** A praying wife is described as "GOAT" (greatest of all time)—one of the most powerful spiritual assets 5

## The Importance of Sharing

- **Don't hoard knowledge:** Everything learned is not just for personal benefit but to help others 36
- **Overflow principle:** Believers filled with teaching who don't witness to others become like over-inflated balloons, unable to have normal conversations without going too deep 36 37
- **Share testimony:** Tell others what God has done; conversations often arise the day after learning something that someone else needs to hear 36
- **Talk to Jesus:** Sing the old hymn "Have a Little Talk with Jesus"—tell Him about troubles, and He will hear and make things right 38

## Mother's Day Acknowledgments

- **Inclusive recognition:** Honor to biological mothers, bonus moms, foster moms, and pet moms for doing their best in their roles 39
- **Prayer for mothers:** Encouragement to fill voids with God's presence, talk to Him more, stop depending on others for validation, and build relationship with God directly 39
- **Self-care emphasis:** Mothers encouraged to take the day off, get rest, and engage in self-care activities (coloring, crossword puzzles, Epsom salt baths, drives for scenery change)

- **Breakfast celebration:** The church hosted a Mother's Day breakfast with amazing food and cute desserts before the service 40

## Closing Encouragements

- **Rest and restoration:** Congregation encouraged to take rest today and practice self-care as needed 34 40
- **Obedience brings overflow:** Faithful giving leads to blessings without room to contain them; overflow is the portion for the obedient 40
- **Resources available:** Sermon notes will be posted on YouTube; announcements and summer activities available on the church app 40 41