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Self-Control

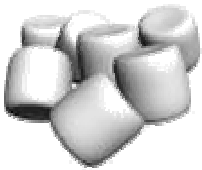
“Then they can train the younger women...to be self-controlled and pure.”

“Similarly, encourage the young men to be self-controlled.”

~ Titus 2: 4, 6

Lack of self-control has become a hallmark of our culture. Two-thirds of parents today believe that they have failed to teach their children self-control and delayed gratification. In other words, our children have not learned the skill of waiting ~ yet the Word of God tells us the importance of teaching our children to be self-controlled and self-disciplined.

As we know, research often bears out the Biblical truths that have been taught to generations of children. And so it is with self-control. In the 1960's there was a famous Stanford University experiment involving four-year olds and the importance of a child's ability to delay gratification.



The children entered a room where they were given a choice. “Okay, here’s a marshmallow,” he said. “You can eat this marshmallow now or you can not eat this marshmallow now and when I come back, I will give you another marshmallow. If you eat the first one now, I’m not going to give you another one.”

This presented a difficult choice for your average four-year old. “Do I delay gratification and get two marshmallows, or do I eat the one in front of me now?”

Some of the children were unable to resist the temptation. They ate their marshmallow within seconds or minutes after the experimenter left the room. Other kids did everything they could to resist the temptation. They sang songs and did not even look at the marshmallow. They did anything they could to avoid eating that marshmallow. They were able to delay that gratification in order to get the reward of the second marshmallow.

The scientists kept track of these children from age four all the way up to age eighteen. At the age of twelve, those kids who as four-year olds showed restraint and did not eat the first marshmallow still had the self-discipline to delay gratification. They were happier. They were more successful in school. The kids who ate the first marshmallow and were not able to delay gratification tended at age twelve to have more behavioral problems. They were still unable to set limits for themselves. At the age of eighteen, the kids who had the self-discipline to delay gratification as four-year olds were predictably more successful in school, were more socially competent, and coped better with stress and frustration. In fact, these students even scored about 210 points higher on their SAT's. ~ From “Say Yes to No”

However, we don't need a study to verify the Word of God. The Bible is true and shows us how to train up children to fulfill their full potential in the Lord. Christian education allows parents to have like-minded teachers assist them in training their children to exhibit all the fruits of the Spirit ~ including self-control.