

**Exercising Self-Control in All Things (I Cor. 9:25)**  
**By Mark Hatfield**

If we fail to use our talents and abilities, in most cases we lose them. When we choose not to control ourselves in the midst of temptation, often times we will find that it is easier to give in and sin with each and every future temptation.

When an athlete prepares for the big game, he exercises to build up stamina and strength. Paul tells us that in the race of the faith, we need to exercise self-control in all things. Paul often used the idea of the Christian life being a race or a battle that requires great endurance. Certainly, he did not want to leave us with the impression that it was a game and needed to be dealt with lightly. In the end of Paul's life he concluded that he had, "...fought the good fight...finished the course...kept the faith". He went on to say, " in the future there is laid up for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day; and not only to me, but also to all who have loved His appearing. (2 Tim 4:7-8)