

USE SELF-CONTROL WITH YOUR REMOTE!

By Keith Greer

"But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law." {Galatians 5:22,23}

We live in a wonderful age when we have everything at our fingertips. Flip a switch and the lights come on; push a button and the garage door opens or closes; flip open your phone and talk to a person on the other side of the world; send text messages to your friends and family, and operate the TV set by way of a remote control. Many of us like to surf through the television stations, checking out the programs on numerous channels. Sports lovers like to flip back and forth between multiple games. Yet, we need to practice self-control when engaging in what is seemingly a harmless practice. Allow me to explain...

Watching something too long. "For as he thinks in his heart, so is he. 'Eat and drink!' he says to you, but his heart is not with you." {Proverbs 23:7} What happens if you're surfing different T.V. channels and you come to a movie that has an explicitly sexual scene? Do you linger a little longer than you should, or hurry on past that channel? We need to be very careful about the images we place in our minds. Such images can lead to impure thoughts and the desire to see more.

Spending too much time with the television. "Because of laziness the building decays, and through idleness of hands the house leaks." {Ecclesiastes 10:18} Each of us establishes priorities in his life. There's nothing wrong with watching television, but be aware of the number of hours you spend in front of the set. Could we be spending so much time in front of our television sets that we are leaving important things undone? Perhaps we should be spending more time with our spouses and children, or in bettering ourselves spiritually.

Sometimes people tell me they have a lot to do and not enough time to accomplish anything. Some of us could save time by watching less TV. Just remember we all have the same hours in the day and we each determine what to put in our daily schedules. Remember to use self-control! ***