

2021 HOMESCHOOLING FAMILY CONFERENCE

Frameworks & Structures

August 2-5, 2021

Session 4 | Essential Frameworks: Self Control

“Nevertheless she will be saved in childbearing if they continue in faith, love, and holiness, with self-control.”

- 1 Timothy 2:15

Self Control

⊗ לט (שלט)

⊗ לט (common, שלט) **Translation:** HAVE.MASTERY (V) **Definition:** [To be verified] To be over or have mastery over another. **Edenics:** salute - with the exchange of the s and sh **KJV Translations:** rule, power, dominion, mastery **Strong's Hebrew #:** h.7980 **Strong's Aramaic #:** a.7981

⊗ לט (masc., שלט) **Translation:** SHIELD **Definition:** [To be verified] As placed over the head for protection from projectiles. **Edenics:** shield - with an exchange of the d and t **KJV Translations:** shield **Strong's Hebrew #:** h.7982

+⊗ לט (fem., שלטת) **Translation:** BOLD **Definition:** [To be verified] As being prominent. **KJV Translations:** imperious **Strong's Hebrew #:** h.7986

⊗ לט (masc., שליט / sha-lit) **Translation:** GOVERNOR **Definition:** An official elected or appointed to act as ruler, chief executive, or nominal head of a political unit. One who has dominion over another; also a rule or law as a master. **KJV Translations:** governor, mighty, power, ruler, rule, captain, lawful **Strong's Hebrew #:** h.7989 **Strong's Aramaic #:** a.7990

⊗ לט (masc., שלטון) **Translation:** REALM **KJV Translations:** dominion **Strong's Aramaic #:** a.7985

⊗ לט (masc., שילטון) **Translation:** MASTERY **KJV Translations:** power, ruler **Strong's Aramaic #:** a.7983, a.7984

Source: <https://www.ancient-hebrew.org/ahlb/shin.html#7980>



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“...the older women likewise, that they be reverent in behavior, not slanderers, not given to much wine, teachers of good things— that they admonish the young women to love their husbands, to love their children, to be discreet, chaste, homemakers, good, obedient to their own husbands, that the word of God may not be blasphemed.”

- Titus 2:4-5

“...in like manner also, that the women adorn themselves in modest apparel, with propriety and moderation, not with braided hair or gold or pearls or costly clothing, but, which is proper for women professing godliness, with good works.”

- 1 Timothy 2:9-10

“Do not let your adornment be merely outward—arranging the hair, wearing gold, or putting on fine apparel— rather let it be the hidden person of the heart, with the incorruptible beauty of a gentle and quiet spirit, which is very precious in the sight of God.”

- 1 Peter 3:3-4

Things That Must Be Controlled:

- Anger
- Fear
- A Cheerful Spirit
- A Thankful Spirit
- Clutter
- Sleep
- Your Tongue
- Pleasure
- Exercise
- Doing Schoolwork



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Problems Caused by Lack of Self Control:

Anger:

- Damages neurons in the brain (cortical function, damage to movement, spatial function, writing, walking, etc.).
- Increases fear.
- Increases risk of other health problems, including epilepsy (seizures).
- Causes difficulty following rules.
- Poor performance at school or work.
- Overstimulation of the brain.

“So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God.”

- James 1:19-20

“He who is slow to wrath has great understanding, But he who is impulsive exalts folly.”

- Proverbs 14:29

“A wrathful man stirs up strife, But he who is slow to anger allays contention.”

- Proverbs 15:18

“He who is slow to anger is better than the mighty, And he who rules his spirit than he who takes a city.”

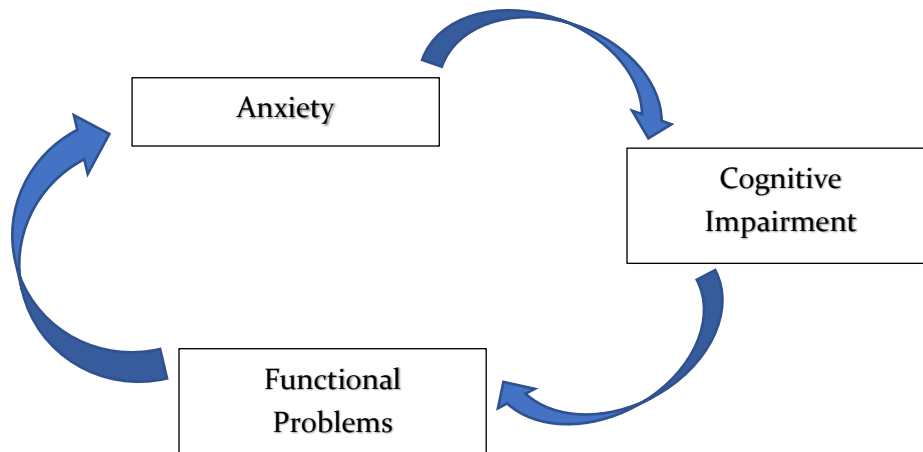
- Proverbs 16:32

Fear:

- Causes frontal lobe disfunction.
- Causes deficits in memory, attention, language, visual-spatial skills, planning, judgment.
- Can cause a conversion to dementia.



- Damages the genes.
- Can cause chronic health issues, substance abuse, female disorders.
- Lowers the IQ.
- Can cause perfectionism and obsessive-compulsive behavior.



“Cognitive Distortion” – Not seeing reality

- Poor attention span
- Poor function (forgetfulness)
- Memory neurons fail to connect



“The Little CEO at the Front of Your Brain”

Help your children develop the ability to obey.

“Therefore the law was our tutor to bring us to Christ, that we might be justified by faith.”

- Galatians 3:24

How to Teach Self Control:

- Good Self-Talk, Speak Truth
- Control Breathing
- Break Learning into Small Chunks
- Taking Breaks Between Lessons/Tasks
- Don't Procrastinate
- Accept the Things in Life That Are Difficult
- Moderate Sugar, Caffeine, Alcohol
- Talk to a Friend and Ask for Help and Prayer
- Stay on Your Routine (Sleep, Food, Exercise)
- Learn to Be Okay with Problem Solving
- Be Optimistic
- Foster Loving-Kindness



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“...the Bible says...”

Helpful Links:

- Learning to Think Truth
<https://homeschoolingtora.com/2019doorkeepers/session-1-battling-lies-with-truth>
- Book: *Proverbs for Parenting*, by Barbara Decker
- Doorkeepers.com
<https://www.doorposts.com>
- Anne’s Encouraging Music Playlist
https://www.youtube.com/playlist?list=PLwq5jL_oCJF8jpmjABCMkoOxOA2zfbQ2

Eliminate Clutter

*Go to the ant, you sluggard!
Consider her ways and be wise,
Which, having no captain,
Overseer or ruler,
Provides her supplies in the summer,
And gathers her food in the harvest.
How long will you slumber, O sluggard?
When will you rise from your sleep?
A little sleep, a little slumber,
A little folding of the hands to sleep—
So shall your poverty come on you like a prowler,
And your need like an armed man.
- Proverbs 6:6-11*



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Light Therapy

“You are the light of the world. A city that is set on a hill cannot be hidden. Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all who are in the house. Let your light so shine before men, that they may see your good works and glorify your Father in heaven.”

- Matthew 5:14-16

- Remember that being around other people helps increase your light! This is why fellowshiping with others on Sabbath is so important (Leviticus 23:3; Hebrews 10:25).

*“For the commandment is a lamp,
And the law a light;
Reproofs of instruction are the way of life.”*

-Proverbs 6:23

The Tongue

“My brethren, let not many of you become teachers, knowing that we shall receive a stricter judgment. For we all stumble in many things. If anyone does not stumble in word, he is a perfect man, able also to bridle the whole body. Indeed, we put bits in horses’ mouths that they may obey us, and we turn their whole body. Look also at ships: although they are so large and are driven by fierce winds, they are turned by a very small rudder wherever the pilot desires. Even so the tongue is a little member and boasts great things. See how great a forest a little fire kindles! And the tongue is a fire, a world of iniquity. The tongue is so set among our members that it defiles the whole body, and sets on fire the course of nature; and it is set on fire by hell. For every kind of beast and bird, of reptile and creature of the sea, is tamed and has been tamed by mankind. But no man can tame the tongue. It is an unruly evil, full of deadly poison. With it we bless our God and Father, and with it we curse men, who have been made in the similitude of God. Out of the same mouth proceed blessing and cursing. My brethren, these things ought not to be so. Does a spring send forth fresh water and bitter from the same opening? Can a fig tree, my brethren, bear olives, or a grapevine bear figs? Thus no spring yields both salt water and fresh.”

- James 3:1-12



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*“In the multitude of words sin is not lacking,
But he who restrains his lips is wise.”*

- Proverbs 10:19

*“The lips of the righteous know what is acceptable,
But the mouth of the wicked what is perverse.”*

- Proverbs 10:32

Pleasure

*“He who loves pleasure will be a poor man;
He who loves wine and oil will not be rich.”*

- Proverbs 21:17

*“When you sit down to eat with a ruler,
Consider carefully what is before you;
And put a knife to your throat
If you are a man given to appetite.
Do not desire his delicacies,
For they are deceptive food.”*

- Proverbs 23:1-3

*“Have you found honey?
Eat only as much as you need,
Lest you be filled with it and vomit.”*

- Proverbs 25:16