

# THE FIRST WORD for .... May 11, 2025



## First Baptist Church Eden

A Place of Grace to  
Believe, Belong, and Become

101 Burleson Street (325) 869-3681

Office Hours: Tuesday and Thursday 9:00 am - 5:00 pm

Sunday Small Groups 9:30 am

Sunday Worship 10:45 am

Pastor: John Curry (432) 923-2163 edenpastor@frontier.com

Worship Ministry Leader: Mike Turner conchospringsgolf@yahoo.com

Youth Ministry Leader: Loren Briggs (325) 656-3234 loren3484@hotmail.com

Ministry Assistant: Teresa Escue (325) 450-7279 edenfbsec@frontier.com

**FBC Eden exists to bring glory to God by becoming a "3E community":  
Embracing God in worship, Encouraging one another in love to become  
fully-devoted disciples, and Engaging the world with the Good News of Jesus Christ.**

**May 12:** 6:00 pm MOC Meeting

**May 14:** 5:45 pm Movie Night for Kids

**May 18:** LORD's Supper

3:00 pm Baccalaureate Service

**May 25:** 3:00 pm Nursing Home Ministry

**May 26:** Memorial Day

**May 27:** 5:30 Natural Remedies

Deacon of the Month  
Dwain Psencik

### FOR THE RECORD ...

Worship ..... 90

Small Groups..... 50



Dear Church family,  
Your prayers, thoughts, cards,  
and other remembrances are so  
appreciated. Thank you for the  
meal that was provided for our  
family as well.

We love you all!  
Bob John & Lynn

### SELF-CONTROL VS. INCONTINENCE

At first, I thought it was funny, but the more I thought about it, I realized how sadly accurate it is. What would you say if I told you the opposite of self-control is incontinence? Think about it. Incontinence is the inability to control vital functions which can lead to embarrassment, shame, and frustration. Proverbs 25:28 says, "Whoever has no rule over his own spirit is like a city broken down without walls." This city has no defense against enemies just as a person who lacks self-control has no defense against his enemies—anger, lust, jealousy, pride, etc.

In sports they often say, "The best offense is a good defense." In matters of self-control, however, the best defense is a good offense. Look what Paul said in 1 Cor 9:24-27. "Run in such a way as to get the prize. Everyone who competes in the games goes into strict training...I beat my body and make it my slave...so I will not be disqualified for the prize." The race, whether physical or spiritual, requires steady, intense focus, energy, and effort. When does the race begin? The day you decide to enter it. From that day on, everything you do is with the end result in mind. You train, sleep, eat, and think about the race constantly. You know that there are many things that are "legal" or "permissible," but a serious athlete chooses to avoid them because they are not beneficial to his purpose. The same should be true in our spiritual race. What things do we need to throw off and avoid because they interfere with our ultimate goal?

In Hebrews 12:1 we are encouraged to "throw off every weight and the sin that so easily entangles, and run with perseverance the race marked out for us." Many "non-sinful" things serve as weights because they hold us back from accomplishing God's purpose. They fill our time and sap our energy. Many of us are guilty of saying, "I wish I had more time to study God's word, pray, and/or do acts of righteousness (Mt 6:1)." The truth is, we have the time, but we are spending it on the pleasures of the flesh.

On the surface, it's easy to be a Christian. Believe on the Lord Jesus Christ and you will be saved. We confess; we believe, we repent; we are baptized; and we accept Jesus as our Lord and Savior. Simple enough, right? Actually, that's good enough for the first week of Salvation, but what about the rest of your physical life? What about the growing up in the Lord part? Living the life of a disciple requires discipline. Once you have accepted Jesus, you must set your heart on becoming like Him, and that's not an easy task. Through the power of His Spirit you learn to control the desires and passions of the flesh just as our Messiah did. It cannot be a wishy-washy, back and forth, unrestrained, lukewarm, yes I will-no I won't kind of existence.

Out of the nine characteristics of the fruit of the Spirit, self-control is not one of the most popular ones we pursue. However, Paul exhorts us in Romans 12:1 to "present our bodies as living sacrifices, holy and pleasing to God. and to be transformed by the renewing of our mind." How you live is directly tied to how you think. Whatever governs your thoughts will also govern your actions. Until it becomes routine, you will have to actively and consciously decide to think about those things that are true, noble, right, pure, lovely, admirable, praiseworthy, and excellent, Phil 4:8. You will even have to force yourself to turn off the TV and pick up the Bible; get out of your chair and do something for someone else, put down your phone and talk to the Father.

The Covenant sacrifices in Leviticus produced a sweet smell that was a fragrant aroma to God. In the same way, our lives, when they are controlled by the Spirit of God rather than our own selfish desires, are a sweet and fragrant aroma to God. Our culture, however, has conditioned us to seek comfort, pleasure, and senseless luxury. The Bible calls it the lust of the flesh, the lust of the eyes, and the pride of life. Fortunately, God has not left us to fight this battle on our own. The only true self-control comes from His Spirit, and he has poured out his Spirit on us freely.