

## Searching for the Best in Me

### Series No 2.

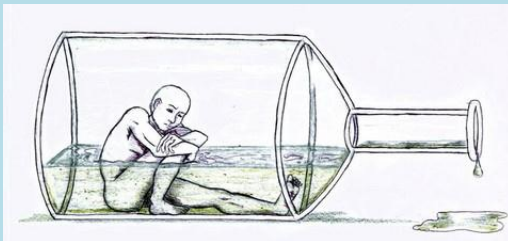
This series is dedicated to the students of Divine Word University or any other young person who might like to benefit from it.



## Self-mastery

### Versus

## Control from the Outside



## Introduction

At the very beginning of creation God placed man and woman in control of everything; “subdue the earth and bring it under your control.” (free transl. Gen1:28)

It feels good to be in control of driving a car, piloting a plane, steering a ship.

We like to be in control of our surroundings, in leading (controlling) positions of others, groups of people, be it family members, friend, fellow students, colleagues.

The motive of DWU: *sic currite ut comprehendatis* - run to win – reminds us to strive for the best and the highest with our Christian values. You can be the leaders of tomorrow: heads, managers, organizers, leaders, controllers of groups and organizations.

But who controls you, the person you are? Are you in control of yourself from deep within you, from your inner core?

Or are outside items like the bottle, alcohol, controlling you and your behavior?

The greatest challenge in life is to be in control of one-self – **self-mastery**.

## Present situation

Although a zero-tolerance policy exists on the campus, many students still involve themselves with alcohol, even though they are aware of the consequences.

When you are under the influence of alcohol, you lose self-control and the ability to make further choices and decisions. You are likely to do something that you will regret at a later stage, such as verbal, physical and sexual abuse, including rape.

We all know of situations, where alcohol has led to serious injuries, accidents, even death.

Why would you risk, having to face the disciplinary board and be suspended for two years, thus possibly jeopardizing your future education and career, suffering the shame of facing family and friends and self-reproach when it is too late?

Research shows that alcohol can cause permanent damage to the brain, the liver, kidneys and different organs of the body.

Alcohol limits creative and critical thinking, as well as social refinements and attractions, qualities that you certainly need for the future.



