“I JUST COULDN’T HELP IT”

How many times have you heard that statement? Generally it is made when people claim they are “in love.” I dislike that term “in love” because it really doesn’t say anything. Except perhaps what people want it to say! Now there are folks who are saying they are “in love” with Christ. What does that mean?

When a person says “I just couldn’t help myself” it is an admission they are not practicing no self-control. Usually it is used to “explain” how they responded to temptation. The Bible says when we are tempted it is because we are “…drawn away by our own lust…” (James 1:14) Failure to control our emotions get us into a lot of trouble sometimes. And don’t tell me you can’t control them.

If you claim “I can’t help it,” you are making God a liar. The Bible says we can have “self-control” in our lives. In Galatians 5 Paul wrote, “But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, meekness, self-control; against such there is no law.” (23-24 emphasis mine)

Self-control is one of the characteristics of Christian life and living. God has given specific instructions of how we should live, as well as “helps” to use to live that way. If we had no self-control, if we really couldn’t help it, there would be no reason for regulations or laws.

What Christians need to do is “grow up” and act like responsible adults. “I couldn’t help it” is what a child might say, an excuse, not something a responsible person would say.

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