



**W**e all have hopes and dreams for our lives—whether it's to buy a house, get in shape physically, have success at our job, grow spiritually, or any other goal that's in our heart.

However, if we want to make progress in life, it's going to require self-control. I realize this isn't a very popular topic, but self-control is one of the best friends we can ever have because it brings us freedom.

What does it really mean to be free? Many people think it means you should be able to do what you want, when you want, and never have to suffer any of the consequences. But God's Word tells us that

we reap what we sow (see Galatians 6:7).

Sure, we can choose to do what we want; however, every choice we make is a seed that will produce a harvest in our lives—either for good or bad.

Real freedom is not simply the liberty to do whatever we want. True freedom is having the ability and discipline not to do something if it means we will be happier with the results in the long run.

Self-control is one of the best gifts God has given us. It helps us say yes to what we truly want to say yes to...and it helps us say no to what we want to say no to.

For instance, my husband, Dave, and I recently ate at a restaurant that makes some of the best lobster bisque soup I have ever tasted; it's so smooth and creamy, and it has just the right amount of flavor. I instantly began thinking about going back the next day!

The truth is I could choose to eat that soup every night, but I know my body and what I need to do to maintain my weight. Yes, I want the soup, but I want to stay in shape and remain healthy even more.

Galatians 5:17 says, "For the desires of the flesh are opposed to the [Holy] Spirit, and the [desires of the] Spirit are opposed to the flesh (godless human nature); for these are antagonistic to each other..." (AMPC).

er..." (AMPC).

The "flesh" represents the desires and cravings of our body and soul, apart from the Holy Spirit. Many times our flesh wants something that the Holy Spirit says is not good for us; however, as we learn to follow the direction of the Holy Spirit, that is when we become truly free.

Always remember, when you choose to do what is right—especially when you don't feel like it—that is when you will see amazing results!

I love 1 Corinthians 6:12. It says, "Everything is permissible (allowable and lawful) for me; but not all things are helpful (good for me to do, expedient and profitable when considered with other things). Everything is lawful for me, but I will not become the slave of anything or be brought under its power" (AMPC).

This scripture is saying we can choose to do whatever we want, but not everything is good for us. So, when we feel tempted by something that isn't good for us, we need to stop and think, If I do this now, how will it affect me later on?

I am so glad that I'm no longer controlled by a cookie or an overwhelming desire to have to buy every new outfit I see at the shopping mall.

Operating in self-control and choosing to do what I really want is true freedom.

Wherever you are in life right now, God has a great plan for your future. And He not only wants to lead you and show you what to do, but He also wants to give you the grace to do it!

Ask the Holy Spirit for the guidance and strength to make good choices, then begin making decisions today that you will be happy with tomorrow. As you do, you'll be amazed at the results...and you will experience the wonderful freedom of self-control.

For more on this topic, order Joyce's four-CD series Living a Life of Total Freedom. You can also contact us to receive our free magazine, Enjoying Everyday Life, by calling (800) 727-9673 or visiting [www.joycemeyer.org](http://www.joycemeyer.org).

## IN MEMORIAM



### Truman Dillingham 1936-2017

Truman Dillingham of Cottage Grove died on February 10 at the age of 80. He was born on September 15, 1936, to Cecil Sylvester and Lucy Belle (Starr) Dillingham. He married Jan Ledbetter in Roseburg, OR on December 23, 1954. Truman was a commercial fisherman for 13 years, and an Evangelistic minister for 39 years.

He enjoyed cruising in his classic '38 Chevy. He loved the San Francisco 49ers. Most of all he loved his family. He is survived by his wife, Jan, of Cottage Grove; son, Paul and Bonnie Dillingham of Springfield, OR; daughter, Vickie and Mike LaHatt of Sherwood, OR; daughter, Angie and Pat LeMay of Cottage Grove; son, Sam Dillingham of Cottage Grove; sister, Lucille Hall of Kansas; 6 grandchildren and 14 great-grandchildren.

A Celebration of Life will be held at 1:00 PM on Saturday, February 18 at Church of God, 4050 NE Stephens, Roseburg, OR. Burial will be in Roseburg Memorial Gardens in Roseburg, OR. Arrangements are in the care of Smith-Lund-Mills Chapel in Cottage Grove.

### Ed Ferguson 1934-2017

Ed Ferguson passed away peacefully at home, surrounded by family, February 8, 2017, in Cottage Grove, Oregon.

Ed was born February 17, 1934, in Hobbs, New Mexico to Audrey and Ada (Teague) Ferguson. He was one of nine children.

He married Carletta Bullock on October 8, 1955, in Seagraves, Texas. They moved to Cottage Grove, Oregon in 1962 and raised their five

children. They opened Ferguson Electronics that same year and retired in 1993.

He was a member of the Church of Christ on 420 Monroe Ave. in Cottage Grove. He really enjoyed gospel music and traveled to many concerts throughout the country with his wife.

He was often found in his shop turning pens and doing various woodworking crafts. He spent hours teaching his grandchildren how to make pens and windmills, a memory they will treasure.

He is survived by his wife, Carletta; brother, Chester Ferguson; three daughters, Rhonda Hendricks (Nick), Debbie Ferguson, and Carla Whittaker (Darrin); two sons, Terry Ferguson (Melody Schueller) and Scott Ferguson; 7 grandchildren and 6 great-grandchildren, numerous step-grandchildren and step-great-grandchildren. He was preceded in death by four brothers and three sisters.

A visitation will be from 9:30 to 10:30 a.m. with a funeral service to follow at Smith-Lund-Mills Funeral Chapel, 123 S. 7th St., Cottage Grove, OR on Saturday, February 18, at 10:30 a.m., burial at Fir Grove Cemetery.

## Death Notices

Allan Max Opus, 76, of Cottage Grove, died Feb. 8. Arrangements by Smith-Lund-Mills Funeral Chapel in Cottage Grove.

Allan Panich-Smolker, 76, of Cottage Grove, died Feb. 8. Arrangements by Smith-Lund-Mills Funeral Chapel in Cottage Grove.

Robin Noel Eichner, 77, of Cottage Grove died Jan. 24. A memorial service and reception will be at 10:30 a.m. Saturday, March 4 at the Eichner residence 1623 S. 6th St. in Cottage Grove. Arrangements by Smith-Lund-Mills Funeral Chapel in Cottage Grove.

Angeline "Angie" Dozier, 50, of Cottage Grove, died Feb. 6. Arrangements by Smith-Lund-Mills Funeral Chapel in Cottage Grove.

John Dwaine Ladd, 87, of Cottage Grove, died Feb. 13. A funeral will be at 1 p.m. Friday, Feb. 17, at the Smith-Lund-Mills Funeral Chapel, 123 S. 7th St. in Cottage Grove. A burial will be at Comstock Cemetery. Arrangements by Smith-Lund-Mills Funeral Chapel in Cottage Grove.

Jefferson D. Williamson, 73, of Cottage Grove, died Feb. 7. Celebration of Life to be held at a later date. Memorial contributions may be made to [www.gofundme.com/davewilliamson](http://www.gofundme.com/davewilliamson). Arrangements by Smith-Lund-Mills Funeral Chapel in Cottage Grove.

### ROSEMARY KEENOM 1923 – 2017

Rosemary Keenom, 93, of Cottage Grove passed away February 4, 2017 from age related causes.

She was born April 2, 1923 in Crookston, Minnesota to Henry and Mathilda (Bugler) McMahan.

On April 6, 1945 in Berkley, California, she and Louis Keenom were married.

Rosemary worked in payroll for the naval shipyard in Berkley during WWII. She enjoyed time with family and friends, scenic drives, ceramics, and watching Duck Football and Basketball.

Survivors include a son David (Nora) Keenom of Gresham, a daughter Pattie (Kelly) Benston of Cottage Grove, a sister Sue Steer of Crookston, Minnesota, and a grandson Christopher Benston of Eugene.

She was preceded in death by her husband Louis and her granddaughter Heather Keenom.

Visitation will be held Friday, February 17, from 12-1 p.m. at Lane Memorial Funeral Home, 5300 w. 11th Ave., in Eugene. A funeral service will be held at 1 p.m. with burial to follow at Lane Memorial Gardens.

Arrangements entrusted to Lane Memorial Funeral Home. Please access the obituary and you are invited to sign the guest-book at [musgroves.com](http://musgroves.com).



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