

## SELF-CONTROL

### VARIOUS SCRIPTURES

GALATIANS 5:16-25 <sup>16</sup> But I say, walk by the Spirit, and you will not gratify the desires of the flesh. <sup>17</sup> For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. <sup>18</sup> But if you are led by the Spirit, you are not under the law. <sup>19</sup> Now the works of the flesh are evident: sexual immorality, impurity, sensuality, <sup>20</sup> idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, <sup>21</sup> envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. <sup>22</sup> But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup> gentleness, self-control; against such things there is no law. <sup>24</sup> And those who belong to Christ Jesus have crucified the flesh with its passions and desires. <sup>25</sup> If we live by the Spirit, let us also keep in step with the Spirit.

1 CORINTHIANS 9:24-27; 1 TIMOTHY 4:6-10; HEBREWS 5:11-14; JOHN 10:7-10; ROMANS 8:1-8

→ **When we walk in the Spirit and live life the way God instructs us we will live a life \_\_\_\_\_, in \_\_\_\_\_ and full of \_\_\_\_\_.**

→ **Self-control is \_\_\_\_\_, not \_\_\_\_\_.**

### Practicing Self-Control

- **Make \_\_\_\_\_ against the sin in your life.**

ROMANS 8:13 For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live.

- **Understand you are your \_\_\_\_\_ when it comes to sin and lack of self-control.**

JAMES 1:13-15 <sup>13</sup> Let no one say when he is tempted, "I am being tempted by God," for God cannot be tempted with evil, and he himself tempts no one. <sup>14</sup> But each person is tempted when he is lured and enticed by his own desire. <sup>15</sup> Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death.

- \_\_\_\_\_ **so that you will become more \_\_\_\_\_.**

*Develop a "training plan" for doing the things God has told you to do that will help you grow in godliness like Bible study, prayer, worship, fasting, etc.*

- **Don't go it \_\_\_\_\_. WE need each other!**

*Accountability, mutual edification and growth in godliness are things that happen in the context of community.*

- \_\_\_\_\_ **and the work of \_\_\_\_\_ to help you do and be all that He has called you to.**

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1 CORINTHIANS 9:24-27; 1 TIMOTHY 4:6-10; HEBREWS 5:11-14; JOHN 10:7-10; ROMANS 8:1-8

→ **When we walk in the Spirit and live life the way God instructs us we will live a life full of joy, in abundance and full of peace.**

→ **Self-control is liberating, not limiting.**

### Practicing Self-Control

- **Make war against the sin in your life.**

ROMANS 8:13 For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live.

- **Understand you are your biggest problem when it comes to sin and lack of self-control.**

JAMES 1:13-15 <sup>13</sup> Let no one say when he is tempted, "I am being tempted by God," for God cannot be tempted with evil, and he himself tempts no one. <sup>14</sup> But each person is tempted when he is lured and enticed by his own desire. <sup>15</sup> Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death.

- **Discipline yourself so that you will become more godly.**

*Develop a "training plan" for doing the things God has told you to do that will help you grow in godliness like Bible study, prayer, worship, fasting, etc.*

- **Don't go it alone. WE need each other!**

*Accountability, mutual edification and growth in godliness are things that happen in the context of community.*

- **Trust God and the work of the Spirit to help you do and be all that He has called you to.**