

## The Secret of Self Control

Proverbs 25:28

*Like a city whose walls are broken down is a man who lacks self-control.*

- \_\_\_\_\_ is a byproduct of a life under Christ's control.
- There is no lasting \_\_\_\_\_ without self control or self discipline.

1 Corinthians 9:25

*Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever.*

"No man is truly free until he masters himself." - Epictetus

"Every man who sins is a slave to sin." - Mark 8:34

### 7 Steps to Self Control:

1. \_\_\_\_\_ your problem.

James 1:14

*but each one is tempted when, by his own evil desire, he is dragged away and enticed.*

- \_\_\_\_\_ vs. \_\_\_\_\_
- You can waste energy fixing the \_\_\_\_\_ or begin to fix the \_\_\_\_\_.
- Don't fixate on the \_\_\_\_\_; fixate on your \_\_\_\_\_.

2. Put your \_\_\_\_\_ behind you.

Philippians 3:13-14

*Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, <sup>14</sup>I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.*

- You do not have to be a \_\_\_\_\_ of your past.
- Focusing on past failures guarantees their \_\_\_\_\_.
- Your past hasn't \_\_\_\_\_ you, but \_\_\_\_\_ you.

3. Talk back to your \_\_\_\_\_.

- Fight feelings with the \_\_\_\_\_ of God's Word.
- Don't give feelings too much \_\_\_\_\_ in your life.

Titus 2:11-12

*For the grace of God that brings salvation has appeared to all men. <sup>12</sup>It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age*

- God's \_\_\_\_\_ gives us the power to master our feelings.
4. Believe you can \_\_\_\_\_.
- Beliefs determine \_\_\_\_\_.
  - The way you \_\_\_\_\_ determines the way you \_\_\_\_\_.

Romans 12:2

*Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.*

- Change comes when we empty our \_\_\_\_\_ and fill our \_\_\_\_\_.

1 Corinthians 10:13

No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.

- God never puts more \_\_\_\_\_ you than He puts \_\_\_\_\_ you to bear.

Philippians 4:13

*I can do everything through him who gives me strength.*

Mark 9:23

*"If you can?" said Jesus. "Everything is possible for him who believes."*

5. Make yourself \_\_\_\_\_.

- Change takes \_\_\_\_\_ and \_\_\_\_\_.

Ecclesiastes 4:12

*Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.*

Galatians 6:2

*Carry each other's burdens, and in this way you will fulfill the law of Christ.*

Proverbs 27:17

*As iron sharpens iron so one man sharpens another.*

- Accountability is giving someone permission to \_\_\_\_\_ into your life.

6. Avoid \_\_\_\_\_.

"If you don't want to be stung, stay away from the bees." - Rick Warren

Ephesians 4:27

*and do not give the devil a foothold.*

- Having self control takes burning the \_\_\_\_\_ in our lives.

7. \_\_\_\_\_ in.

Galatians 5:16

*So I say, live by the Spirit, and you will not gratify the desires of the sinful nature.*

- Christianity is about \_\_\_\_\_ vs. \_\_\_\_\_.
- Self discipline is not a matter of \_\_\_\_\_ power, but \_\_\_\_\_ power.

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