

“Do you like honey? Don’t eat too much, or it will make you sick! Don’t visit your neighbors too often, or you will wear out your welcome...It’s not good to eat too much honey, and it’s not good to seek honors for yourself. A person without self-control is like a city with broken-down walls.” Proverbs 25:16-17, 27-28 (NLT)

Self-Control

- The ability to control one’s actions and words
- The ability to restrain, subdue, and properly direct our desires and/or passions
- The virtue that, when practiced, will sustain a healthy and holy life that visibly honors God and others
- Is a choice

Why do we need self-control?

Our lack of self-control can lead us to spiritual, physical, emotional, and relational destruction

1. We all have _____ desires = what we desire is bad
“We are instructed to turn from godless living and sinful pleasures. We should live in this evil world with wisdom, righteousness, and devotion to God.” Titus 2:12
2. We all have _____ desires = what we desire isn’t bad, but we want it in a way that isn’t good for us
“Prepare your minds for action and exercise self-control.” 1 Peter 1:13
3. We all have _____ desires = what we desire isn’t bad, but the priority we give it is
“Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.” Matthew 6:33

Exercising self-control

“By his divine power, God has given us everything we need for living a godly life. Supplement your faith with a generous

provision of moral excellence, and moral excellence with knowledge, and knowledge with self-control, and self-control with patient endurance, and patient endurance with godliness, and godliness with brotherly affection, and brotherly affection with love for everyone.” 2 Peter 1:3, 5-6

1. _____ us from doing dumb
2. _____ direction, guardrails, and non-negotiables
3. _____ evidence to the world of God’s grace

Practical steps for developing self-control

1. Get ___ to God’s Word
“The teaching of your word gives light, so even the simple can understand...Guide my steps by your word, so I will not be overcome by evil.” Psalm 119:130, 133
2. _____ for God’s help
“God has not given us a spirit of fear and timidity, but of power, love and self-discipline.” 2 Timothy 1:7
3. _____ the areas you struggle with to God and others
“Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.” James 5:16
“If we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.” 1 John 1:9
4. _____ and _____ your triggers
“The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.” 1 Corinthians 10:13
5. Fail forward in _____
“Let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith.” Hebrews 12:1-2