

Character
How To Develop Self-Control

1. Be honest about _____
Proverbs 25:28 *A person without self-control is like a city with broken-down walls.*

2. Picture _____
1 Corinthians 9:24-27 *Remember that in a race everyone runs, but only one person gets the prize. You also must run in such a way that you will win. All athletes practice strict self-control. They do it to win a prize that will fade away, but we do it for an eternal prize. So I run straight to the goal with purpose in every step... I discipline my body like an athlete, training it to do what it should.*

3. _____
2 Peter 1:6 *...make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control...*

Key: What's my _____?

4. _____
Daniel 1:8 *But Daniel resolved not to defile himself with the royal food and wine...*

5. Protect yourself _____
2 Timothy 2:22 *Flee the evil desires of youth and pursue righteousness, faith, love and peace...*

6. Remain _____
Galatians 5:22-23 *But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.*

Possible areas where you need more self-control

Eating
Shopping
Drinking
Work
Gambling
Smoking
Obsessive behavior
Lust
Emotional reactions
Anger
Words
Binge tv watching
Video games
Thought life
Social media

1 Thessalonians 4:4 *...that each of you should learn to control your own body in a way that is holy and honorable,*

1 Timothy 4:7 *...rather, train yourself to be godly.*

Titus 2:6 *Similarly, encourage the young men to be self-controlled.*

Proverbs 16:32 *Better a patient person than a warrior, one with self-control than one who takes a city.*

1 Corinthians 7:5 *Do not deprive each other except perhaps by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control.*

2 Timothy 1:7 *For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.*