

Wise Up
How Do I Develop Self-Control?

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

2. _____
I 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.*

Key: My _____ has to be more powerful than my _____
Daniel 1:8 *But Daniel resolved not to defile himself with the royal food and wine...*

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

Proverbs 1:2 *Proverbs will teach you wisdom and self-control...*

4. _____
Ecclesiastes 4:9 *Two people are better off than one, for they can help each other succeed.*

5. 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 or spending
Budgeting
Drinking
Work
Gambling
Smoking
Obsessive behavior
Lust
Emotional reactions
Anger
Words
Binge tv watching
Video games
Thought life
Social media
Cell phone usage
Spending time with God
Learning to listen for God

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

I 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.*

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