



BE WHOLE

"Living With Self Control"
Galatians 5:22-23, Luke 9:23

WHAT IS SELF-CONTROL?

- The governing of one's desires
- The ability to avoid excess
- To exercise control over our bodily appetites, thoughts, emotions, and speech

THE STRUGGLE OF SELF CONTROL

- Proverbs 25:28
- 1 Peter 2:11-12
- Romans 7:23-25

AREAS OF SELF CONTROL

- **BODY-1 Corinthians 6:12-20, Proverbs 20:4, Proverbs 26:15**

- ⇒ Gluttony (Food & Drink)-over excess of food and drink
- ⇒ Laziness-disinclined to activity or exertion
- ⇒ Sexual Impurity-Any sexual activity outside the bounds of marriage

- **MIND-2 Corinthians 10:5, Philippians 4:8, Proverbs 4:23**

"Our minds are mental greenhouses where unlawful thoughts, once planted, are nurtured and watered before being transplanted into the real world of unlawful actions. These actions are savored in the mind long before they are enjoyed in reality." **Jerry Bridges**

- **EMOTIONS-Proverbs 16:32, Proverbs 29:11, James 1:19-20**

- ⇒ Outburst of Temper
- ⇒ Self-Pity
- ⇒ Resentment
- ⇒ Bad Financial Spending
- ⇒ Greed
- ⇒ Tongue

➤ **Controlling the Tongue in the Presence of Your Enemies**

- A. David-**1 Samuel 18:14**
- B. Samson-**Judges 16:1-17**
- C. Jesus-**Matthew 10:17-20**

➤ **Controlling the Tongue With Your Temper**

- A. Moses-**Numbers 20:1-12**
- B. Solomon-**Proverbs 16:32**

➤ **Controlling the Tongue With Speaking Prematurely**

- A. Samuel-**1 Samuel 16:1-6**

CULTIVATING SELF CONTROL

- I must have self-awareness of my weaknesses. **Romans 7:18**
- I must be willing to walk in the Spirit. **Galatians 5:16-21**

● I must ask and rely on God's strength. **Psalm 29:11**