

BEING ATTRACTIVE WITHOUT HAVING TO LOOK GOOD – SELF CONTROL

“But when the Holy Spirit controls our lives, He will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.”

Galatians 5:22-23 (NLT)

The Picture

“holding oneself in” ... “inner strength” ... “temperance”

***Self control defends against temptation & destruction**

“A person without self-control is as defenseless as a city with broken-down walls.”

Proverbs 25:28 (NLT)

***Self control leads to godliness & love**

“...your faith will produce a life of moral excellence. A life of moral excellence leads to knowing God better. Knowing God leads to self-control. Self-control leads to patient endurance, and patient endurance leads to godliness. Godliness leads to love for other Christians, and finally you will grow to have genuine love for everyone.” 2 Peter 1:5-7 (NLT)

The Problem

1. The self control switch is always on
2. The temptations, the medicators, are always there
3. Denial, it's deeper than I realize

The Plan

1. Go below the s_____

Digging spot... I am not a slave

“Sin is no longer your master, for you are no longer subject to the law, which enslaves you to sin. Instead, you are free by God's grace.” Romans 6:14 (NLT)

Digging spot... Ask the deep questions

“I pray that from His glorious, unlimited resources He will give you mighty inner strength through his Holy Spirit...May your roots go down deep into the soil of God's marvelous love. And may you have the power to understand...how wide, how long, how high, and how deep His love really is. May you experience the love of Christ...then you will be filled with the fullness of life and power that comes from God.” Ephesians 3:16-19 (NLT)

2. Gather friends to h_____

“Fools think they need no advice, but the wise listen to others.” Proverbs 12:15 (NLT)

3. Give it all u_____

“But when the Holy Spirit controls our lives...” Galatians 5:22 (NLT)

“For when I tried to keep the law, I realized I could never earn God's approval. So I died to the law so that I might live for God. I have been crucified with Christ. I myself no longer live, but Christ lives in me. So I live my life in this earthly body by trusting in the Son of God, who loved me and gave Himself for me.”

Galatians 2:19-20 (NLT)

“As we know Jesus better, His divine power gives us everything we need for living a godly life....And by that same mighty power...He has promised that you will escape the decadence all around you caused by evil desires.” 2 Peter 1:3-4 (NLT)

To develop self control, I must realize that _____ do it on my own power, I must believe that God can, and I must be _____ to let Him!