

SELF-CONTROL**Believe (Part 3)**

SERIES BIG IDEA:

I've _____ Jesus. Now I am to _____ the life of Jesus with others.

Self-_____ keeps us from sabotaging ourselves, hurting others, and sinning against God.

Self-_____ is what leads us to accomplish great things and finish strong.

Addictions and sinful habits are the result of losing _____ over our _____.

KEY QUESTION:

How does God _____ me from addictions and sinful habits?

TEACHING BIG IDEA:

I have the power through Christ to _____.

Controlling my behavior isn't what _____ me, it's what sanctifies me.

God cares so much about my behavior that He gives me the _____ to have self-control.

¹¹It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

¹³You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. ¹⁴For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself."¹⁵If you bite and devour each other, watch out or you will be destroyed by each other.

¹⁶So I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. ¹⁸But if you are led by the Spirit, you are not under the law.

Galatians 5:1,13-18(NIV)

There are _____-gratifying behaviors and _____-gratifying behaviors.

¹⁹The acts of the flesh are obvious: sexual immorality, impurity and debauchery; ²⁰idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

²²But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³gentleness and self-control. Against such things there is no law. ²⁴Those who belong to Christ Jesus have crucified the flesh with its passions and desires.

Galatians 5:19-24 (NIV)

SELF-CONTROL IS:

- **The _____ that God's Spirit is in me.**
- **The power to say " _____ " to the hard, self-gratifying thing because we are saying " _____ " to becoming like Jesus.**
- **Putting _____ in control so I can experience true life.**

With what do I say, "I _____ control myself"?

KEY VERSE:

¹¹For the grace of God has appeared that offers salvation to all people. ¹²It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, ¹³while we wait for the blessed hope—the appearing of the glory of our great God and Savior, Jesus Christ, ¹⁴who gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good.

Titus 2:11-14 (NIV)

With what I can't, Jesus _____. Will I _____ Jesus?

Follow-up Questions & My Notes

Before following Jesus, in what areas of my life did I struggle with self-control?

Now, how has self-control positively affected me & my relationships with others?