

Day 1: The Foundation of Self-Control**

Opening Scripture:

"Like a city whose walls are broken through is a person who lacks self-control." - Proverbs 25:28 (NIV)

Devotional:

Self-control is the foundation upon which a life of peace and joy is built. Without it, we become vulnerable to the enemy's attacks, much like a city with broken walls. Each morning, we must purpose in our hearts to practice self-control, not by our own strength, but through the power of the Holy Spirit. Remember, the Bible calls it self-control, not control over others. Our focus should be on our own spiritual growth and not on fixing others.

Closing Prayer:

Heavenly Father, help me to build the walls of self-control in my life. Strengthen me through Your Spirit to focus on my own walk with You. In the matchless Name of Jesus I pray. Amen :
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