

Self Control

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October 7th, 2018

Galatians 5:22-23

Fruit of the Spirit: The Holy Spirit produces fruit; I am part of the process.

Key: The obedience factor. (John 14:23)

I. Self Control Defined:

A personal limitation placed upon our indulgence and activity.

a. Self-discipline helps you attain. Self Control helps

you remain.

II. When self-control is lost - three unexpected examples:

- a. King David (2 Samuel 11)
- b. Peter (Mark 14)
- c. Moses (Numbers 20)

A loss of control may hinder relationship. It does not eliminate

inclusion in God's family. (Ephesians 1:13-14)

III. Self-control: winning the battle

a. Control what you watch (David)

b. Control what you say (Peter)

c. Control what you do (Moses)