



CORE

WEEK 1: SELF CONTROL

1 Thessalonians 5:15 “See that no one renders evil for evil to anyone, but always pursue what is good both for yourselves and for all.”

Galatians 5:17 “For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish.”

How To Control Your Flesh:

1. Get Clarity.

1 Samuel 24:4 “Then the men of David said to him, “This is the day of which the LORD said to you, ‘Behold, I will deliver your enemy into your hand, that you may do to him as it seems good to you.’” And David arose and secretly cut off a corner of Saul’s robe.”

2. Be Sensitive To The Holy Spirit.

1 Samuel 24:5 “Now it happened afterward that David’s heart troubled him because he had cut Saul’s robe.”

3. Think Beyond Yourself.

1 Samuel 24:6 ““And he said to his men, ‘The LORD forbid that I should do this thing to my master, the LORD’s anointed, to stretch out my hand against him, seeing he is the anointed of the LORD.’”
