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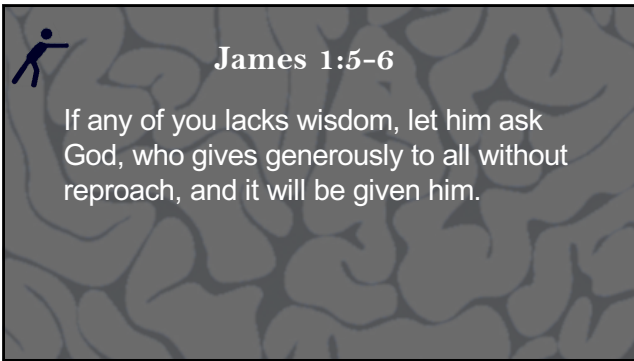
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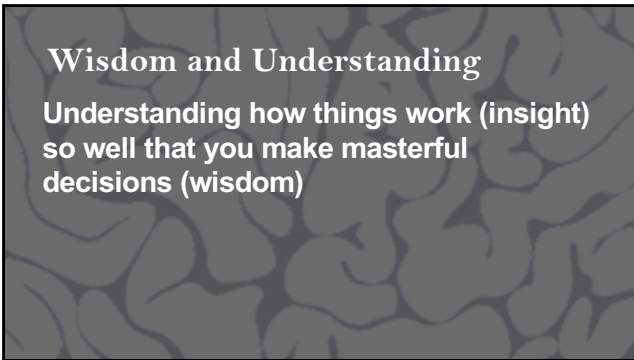
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Proverbs 25:28  
A man without self-control is like a **city**  
broken into and left without **walls**.

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Self-Control Is Like **City Walls**

1. **Builds** or **diminishes** with effort
2. Protects against **surprise** attack
3. Creates **boundaries**
4. **Defensive** positions for a perimeter

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Self-Control Question

Where do we need to rebuild a wall?

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*Wisdom*

- Justice** (in judgments)
- Discretion** (in temptation)
- Foresight** (in planning)
- Self-Control** (in appetites)

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Wisdom builds self-control  
over our appetites

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*Acts 24*

24 After some days Felix came with his wife Drusilla, who was Jewish, and he sent for Paul and heard him speak about faith in Christ Jesus

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Acts 24

25And as he reasoned about righteousness and self-control and the coming judgment, Felix was alarmed and said, "Go away for the present. When I get an opportunity I will summon you."

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Acts 24

26At the same time he hoped that money would be given him by Paul. So he sent for him often and conversed with him. 27When two years had elapsed, Felix was succeeded by Porcius Festus. And desiring to do the Jews a favor, Felix left Paul in prison.

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Governor Felix

- 1. Brother Pallus was friend to **Emperor**
- 2. First former **slave** to be Roman governor
- 3. Indulged in **cruelty, license** and **excess**
- 4. Powers of a **king** with a **slave** mentality

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**No Decision Is A Decision**

**Felix granted Paul generous liberty even while he was held in custody. Felix knew Paul was innocent, yet he did not want to identify himself with Paul's gospel and the Christians. So he made a decision to make no decision.**

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*Self Control*

Self-control is the steady capacity to direct yourself to accomplish what you have chosen or decided to do and be, even though you "don't feel like it." Self-control means that you, with steady hand, do what you don't want to do (or what you want not to) when that is needed and do not do what you want to do (what you "feel like" doing) when that is needed."

--Dallas Willard

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*Titus 2:11-12*

**11 For the grace of God has appeared, bringing salvation for all people, 12 training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age,**

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*Grace*

The divine influence upon the heart,  
and its reflection in the life

**Strong's Concordance**

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**Grace Teaches Self-Control**

paideúō, pahee-dyoo'-o; to train up a child, i.e. educate, or (by implication), discipline (by punishment):—chasten(-ise), instruct, learn, teach.

**To train a child a little at a time**

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**Galatians 5:22-23**

22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control; against such things there is no law.

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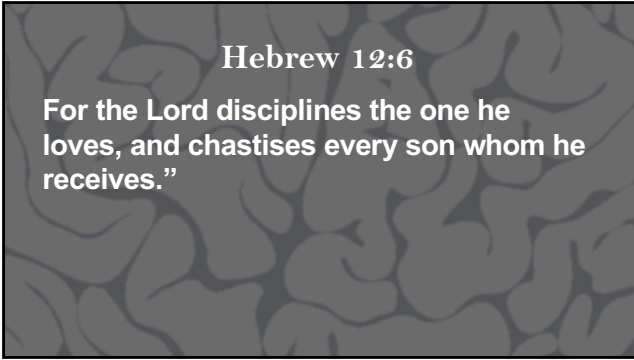
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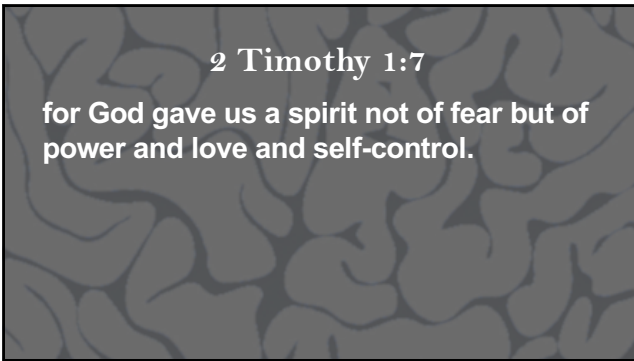
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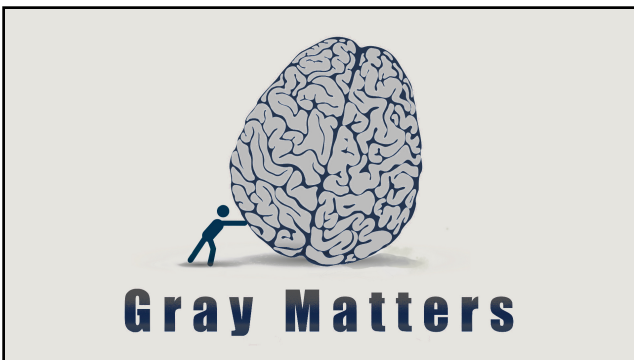
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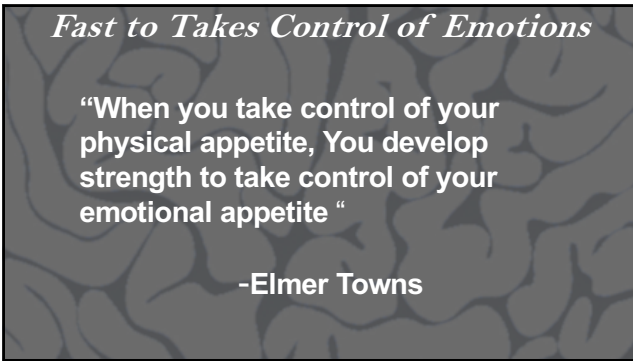
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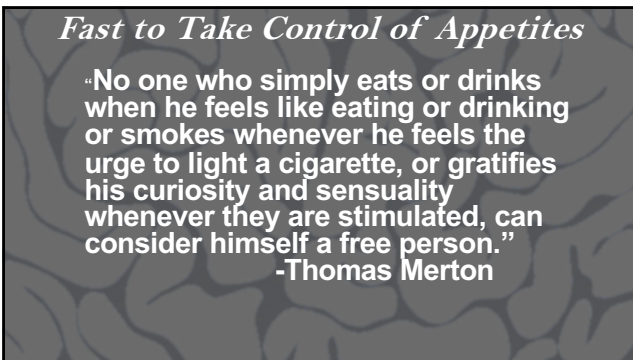
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*Fast to Take Control of Appetites*

He has renounced his spiritual freedom and become the servant of bodily impulse. Therefore his mind and his will are not fully his own. They are under the power of his appetites, and through the medium of his appetites they are under the control of those who gratify his appetites”

.Thomas Merton

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*Spiritual Disciplines*

**Inward**

*Cultivate our heart and mind toward Christ*

- Meditation
- Prayer
- Fasting
- Study

**Outward**

*Cultivate our appetites toward the way of Christ*

- Simplicity
- Solitude
- Submission

**Corporate**

*Cultivate our affections toward the way of Christ*

- Confession
- Guidance
- Celebration

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*Types of Fasting*

**Normal Fast** Fast from food, drink liquids only

**Absolute Fast** No food or liquids\*\*\*  
\*\*\*Not recommended

**Partial Fast** Omit certain foods or eat on a limited schedule

**Rotational Fast** Eating certain families of foods for designated periods

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*Fasting Advice*

1. End A Fast Gradually With Soups, Fruits and Vegetables
2. Coffee Drinkers Take Caution
3. Everyone Should Consider Fasting all types of media (TV, Video Games, Internet, Movies, etc)
4. Use The Time Gained By Not Eating to Read, Pray, Meditate, Praise
5. Join Shava Praise This Week

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