

A photograph of a dirt path winding through a vineyard at sunset. The sky is a warm orange and yellow. The vineyard rows are made of wooden posts and wire. The path is in the foreground, leading into the distance.

wisdom from proverbs

Pr. 25:28

















“Like a city whose walls are broken through is a person who lacks self-control.”

(Proverbs 25:28, NIV)

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THE PROBLEM OF SELF-CONTROL

THE PRACTICE OF SELF-CONTROL

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“Listen, my son and be wise, and set your heart on the right path: Do not join those who drink too much wine or gorge themselves on meat, for drunkards and gluttons become poor, and drowsiness clothes them in rags.” *(Proverbs 23:19-21, NIV)*

Los Angeles Times

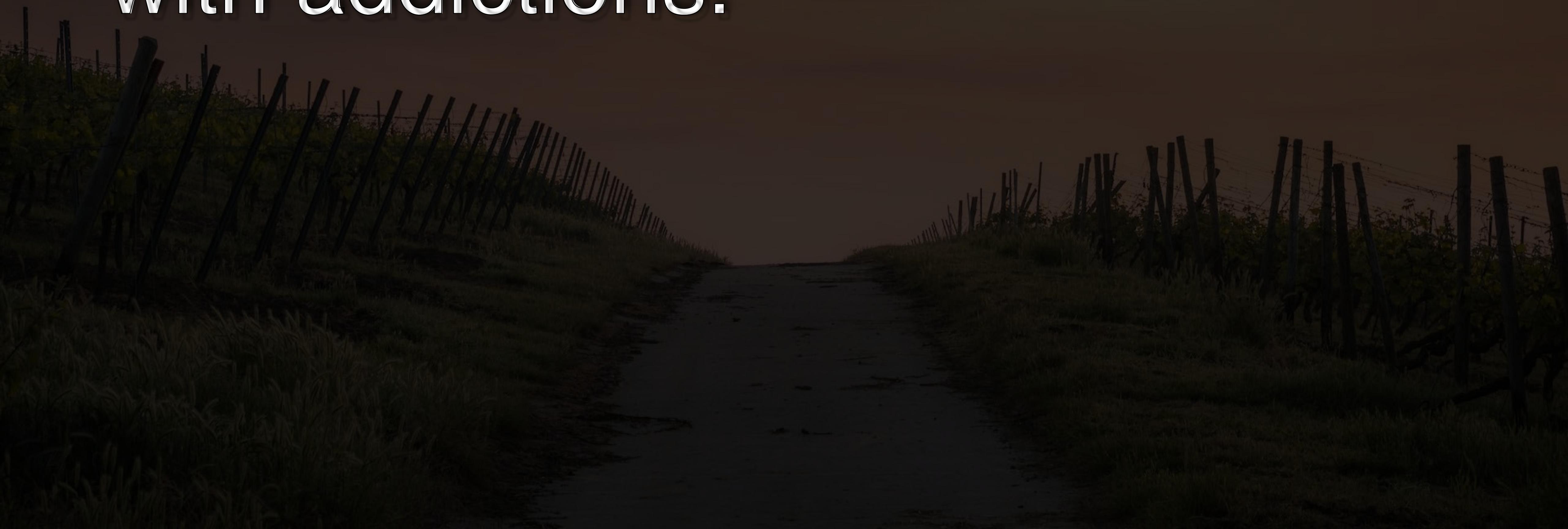


Los Angeles Times

“Millions of Americans are now described as having addictions, if not to drugs or alcohol, then to food, cigarettes, exercise, relationships, sex, shopping, work, video games.”

Los Angeles Times

“A new monthly magazine deals with addictions.”

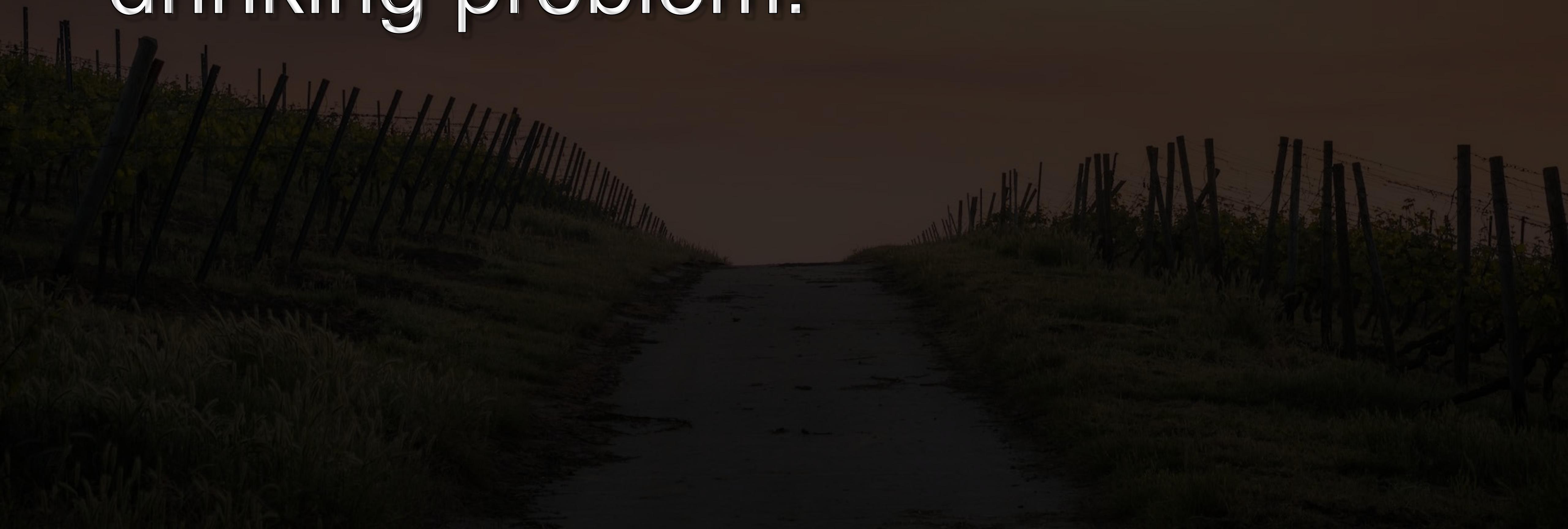


Los Angeles Times

“More than 200 different addictions now are dealt with by groups in America.”

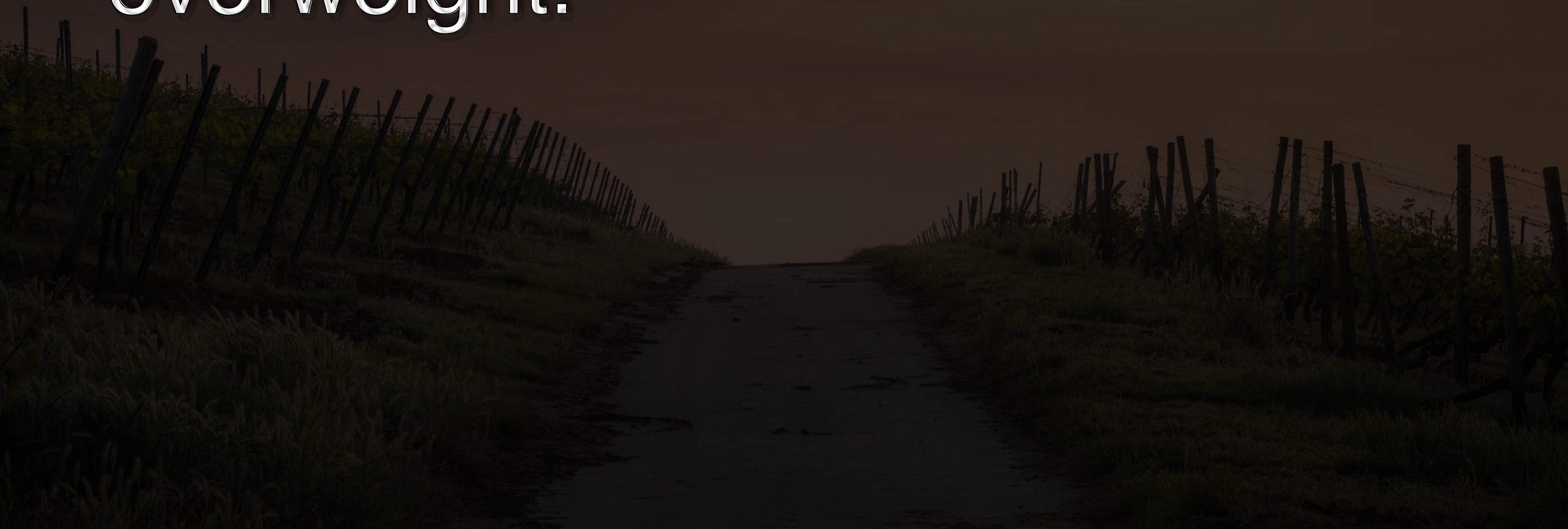
Los Angeles Times

“18 million Americans have a
drinking problem.”



Los Angeles Times

“Americans are 2.3 billion pounds overweight.”



Self-control is the ability
to distinguish between

Self-control is the ability
to distinguish between
important things and
urgent things





THE PRACTICE OF SELF-CONTROL



**1. Take an honest
self-inventory**

“The prudent understand where they are going, but fools deceive themselves.” *(Proverbs 14:8, NLT)*

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DENIAL

“Some people ruin themselves by their own stupid actions and they blame the Lord.” *(Proverbs 19:3, GN)*

“Some people ruin themselves by
their own stupid actions and they
blame the Lord.” (Proverbs 19:3, GN)

**2. Believe God
can help you**

“Fearing people is a dangerous trap, but trusting the LORD means safety.” *(Proverbs 29:25, NLT)*

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“Fearing people is a dangerous trap, but **trusting the LORD** means safety.” *(Proverbs 29:25, NLT)*



**3. Refocus on
something better**

“Be careful how you think; your life is shaped by your thoughts.”

(Proverbs 4:23, GN)

“Be careful how you think; your life is shaped by your **thoughts**.”

(Proverbs 4:23, GN)

“The name of the LORD is a
strong tower; the righteous runs
into it and is safe.” *(Prov. 18:10, NIV)*

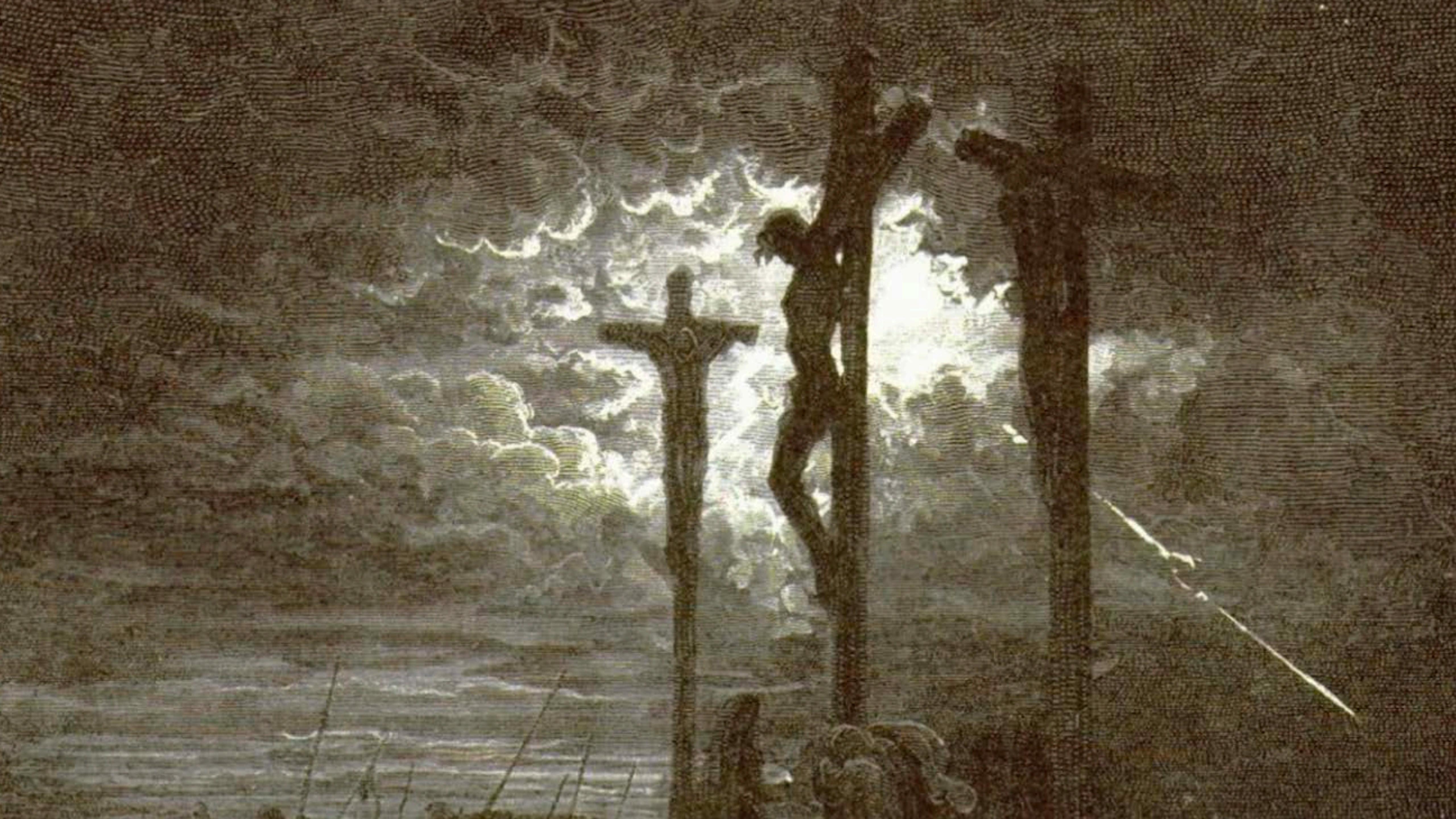
“The name of the **LORD** is a
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“The name of the LORD is a strong tower; the righteous runs into it and is safe.” (Prov. 18:10, NIV)

The true nature of God

“Let us **fix** our eyes on Jesus, the pioneer and perfecter of our faith, who for the joy set before Him endured the cross...”

(Hebrews 12:2, NIV)

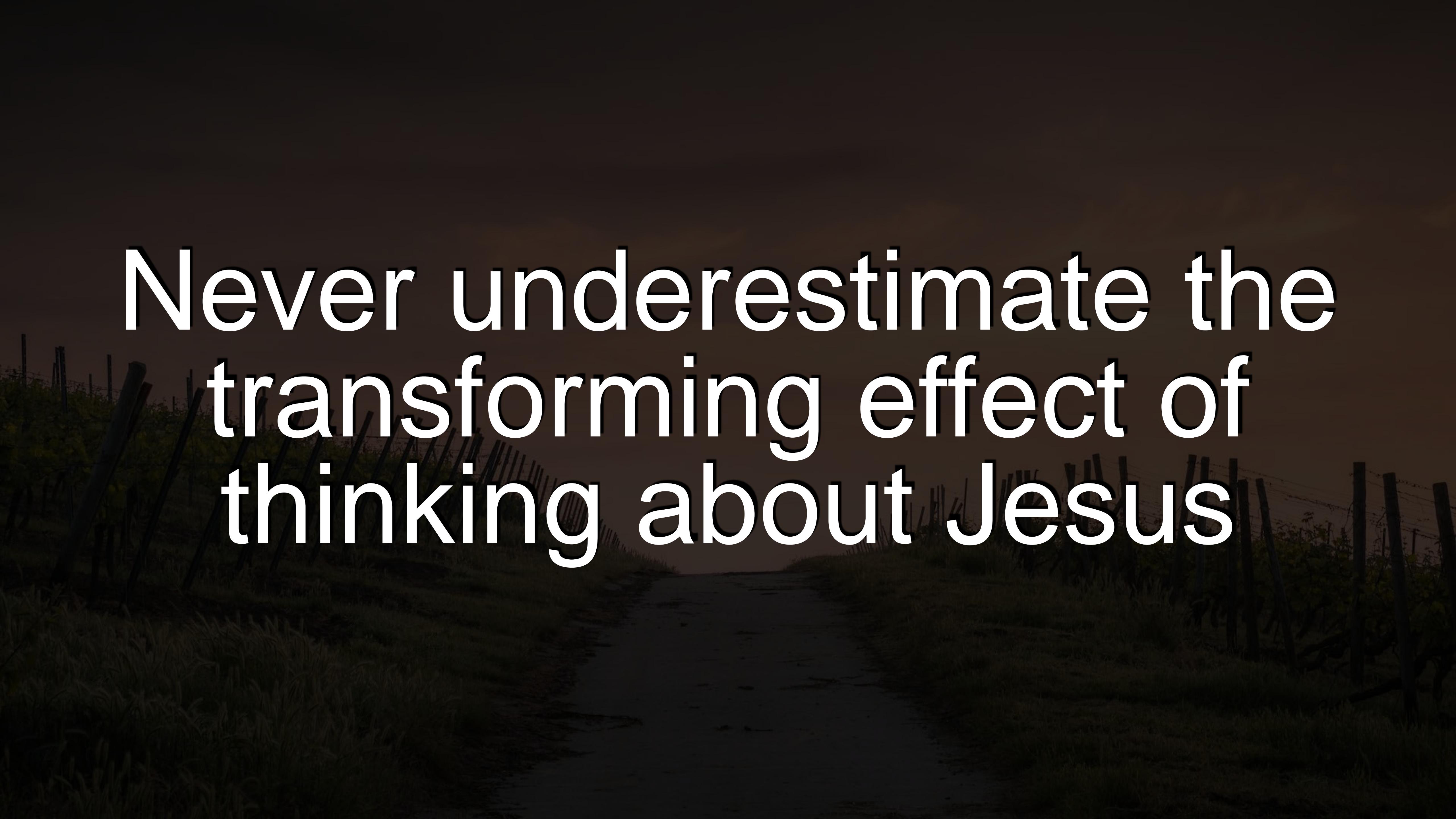


“Since, then, you have been raised with Christ, **set your hearts on things above**, where Christ is seated at the right hand of God.”

(Colossians 3:1, NIV)

“Set your minds on things above,
not on earthly things. For you
died, and your life is now hidden
with Christ in God.”

(Colossians 3:2-3, NIV)



Never underestimate the
transforming effect of
thinking about Jesus



wisdom from proverbs

Pr. 25:28