

wisdom from proverbs

Pr. 25:28







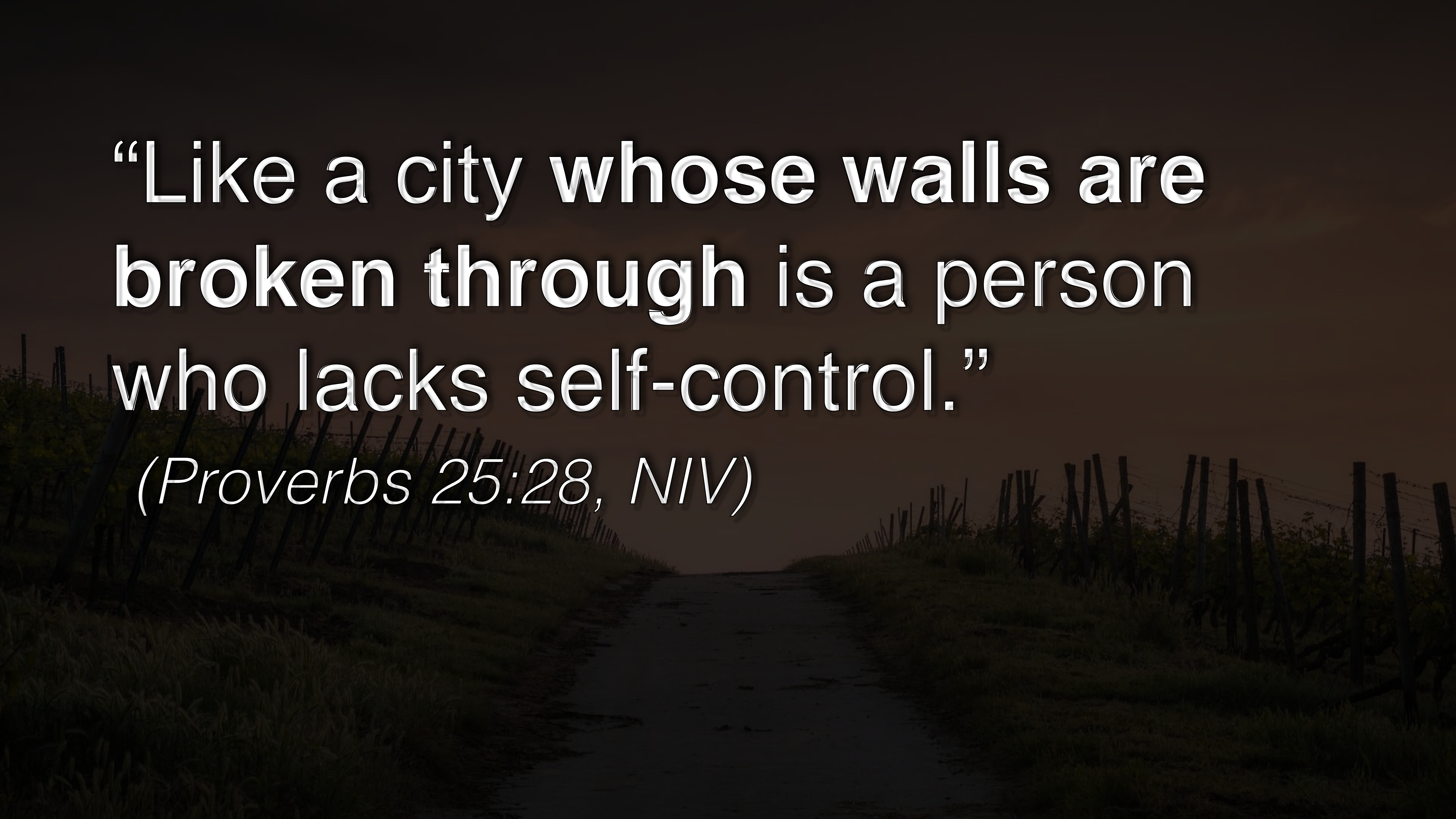






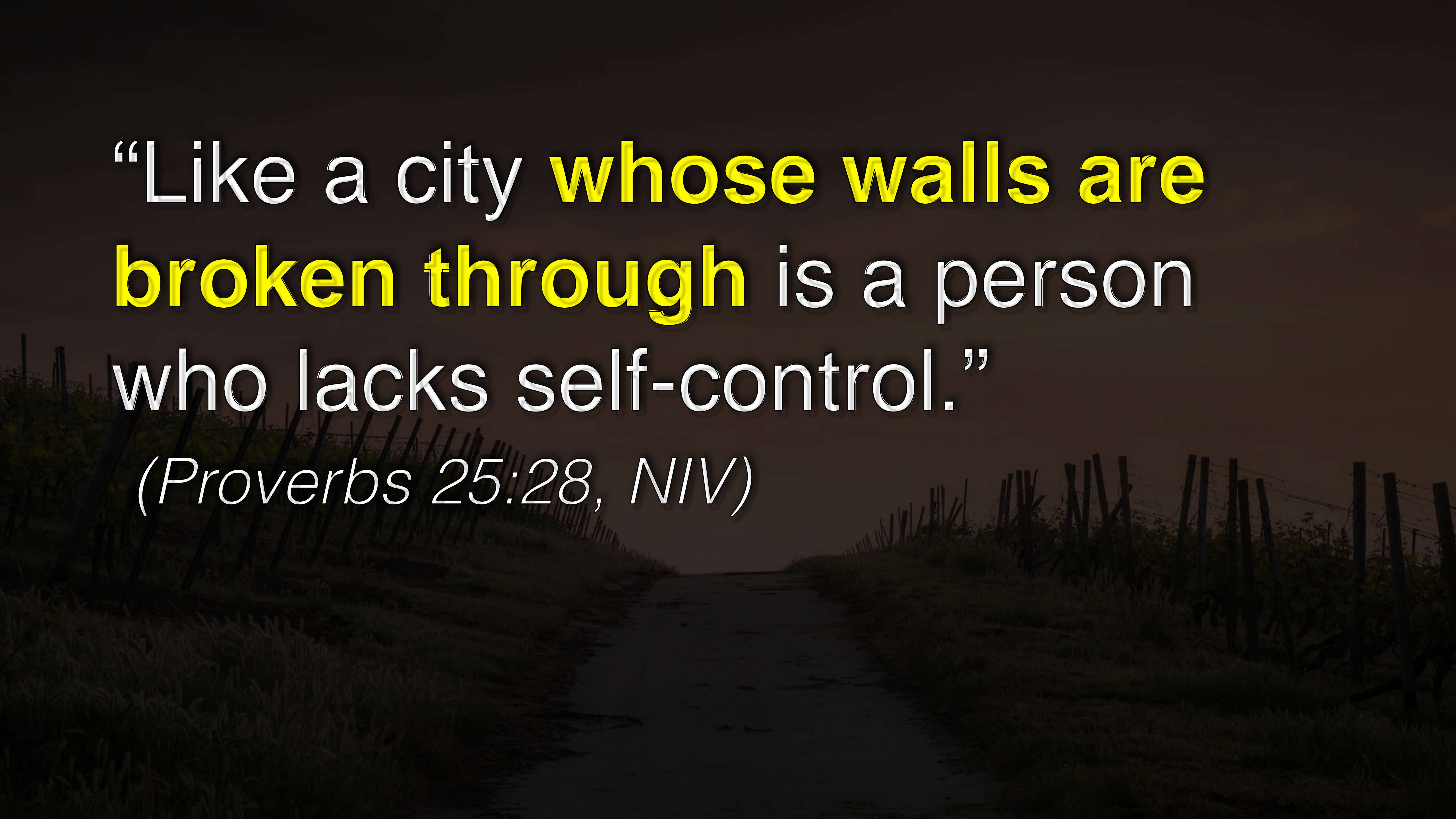






“Like a city whose walls are
broken through is a person
who lacks self-control.”

(Proverbs 25:28, NIV)



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

(Proverbs 25:28, NIV)

THE PROBLEM OF SELF-CONTROL

The background of the image is a dark, moody photograph. It shows a narrow dirt road or path that recedes into the distance, flanked by tall grass and a fence made of wooden posts and wire. The sky is a deep, dark brown, suggesting dusk or dawn. The overall tone is somber and contemplative, which complements the title 'THE PROBLEM OF SELF-CONTROL'.

THE PRACTICE OF SELF-CONTROL

The background image is a dark, moody photograph of a dirt road that curves into the distance. The road is flanked by tall grass and a fence made of wooden posts and wire. The sky is a deep, dark brown, suggesting a sunset or sunrise. The overall tone is somber and contemplative, which complements the title 'THE PRACTICE OF SELF-CONTROL'.

THE PROBLEM OF SELF-CONTROL

“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

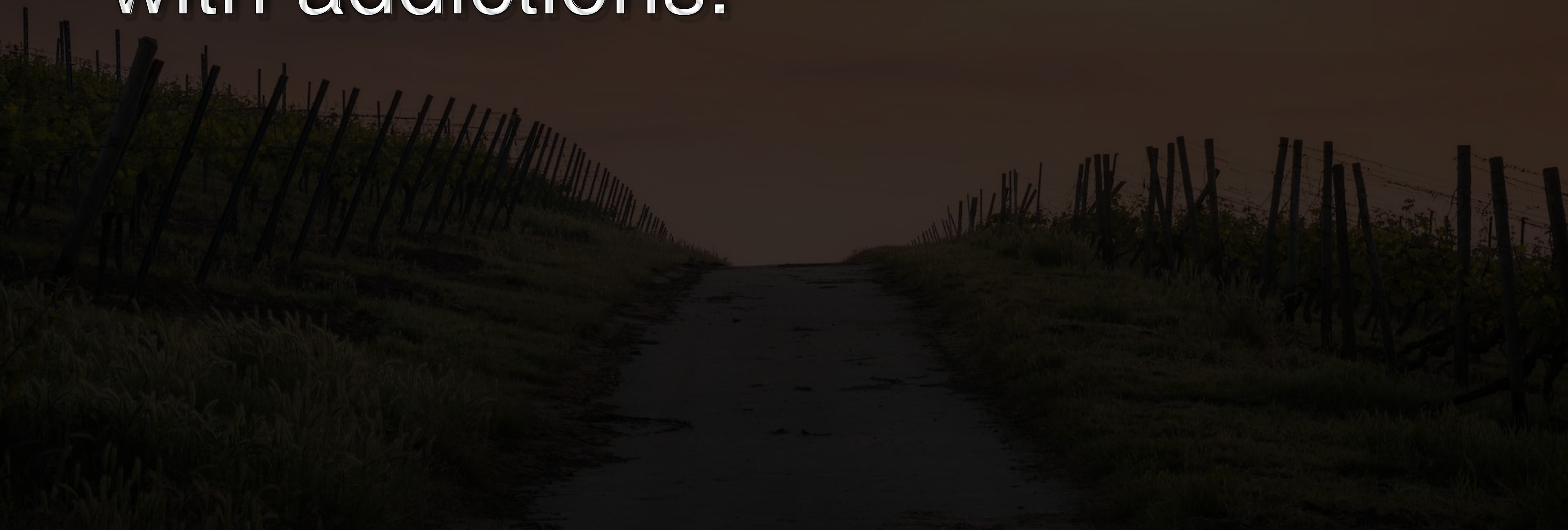


Los Angeles Times

“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.”



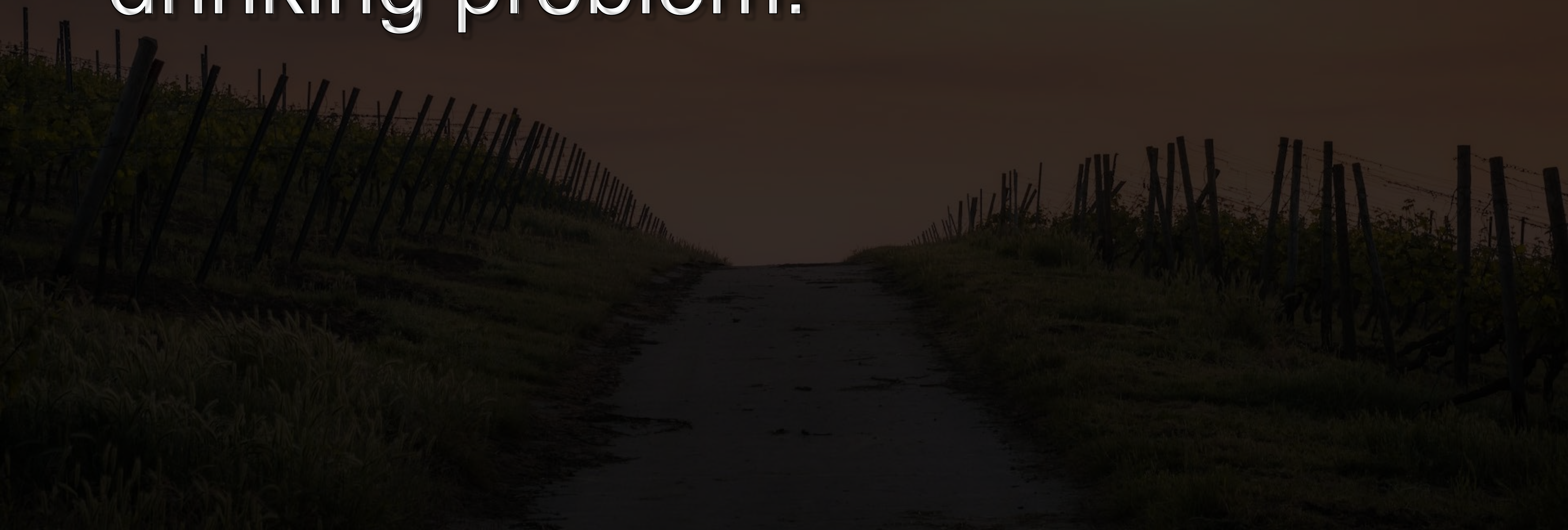
Los Angeles Times

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



Los Angeles Times

“18 million Americans have a drinking problem.”

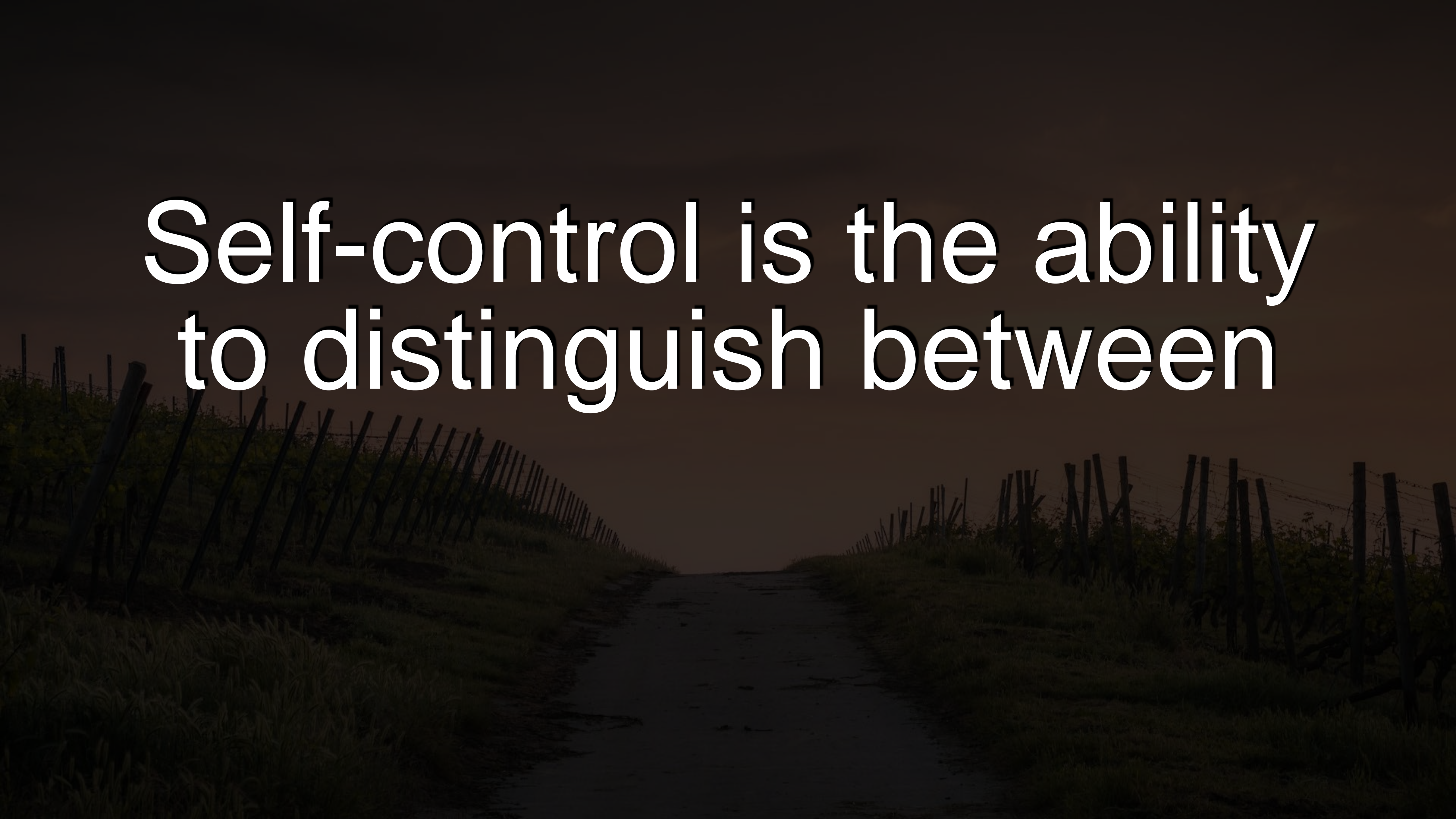



Los Angeles Times

“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



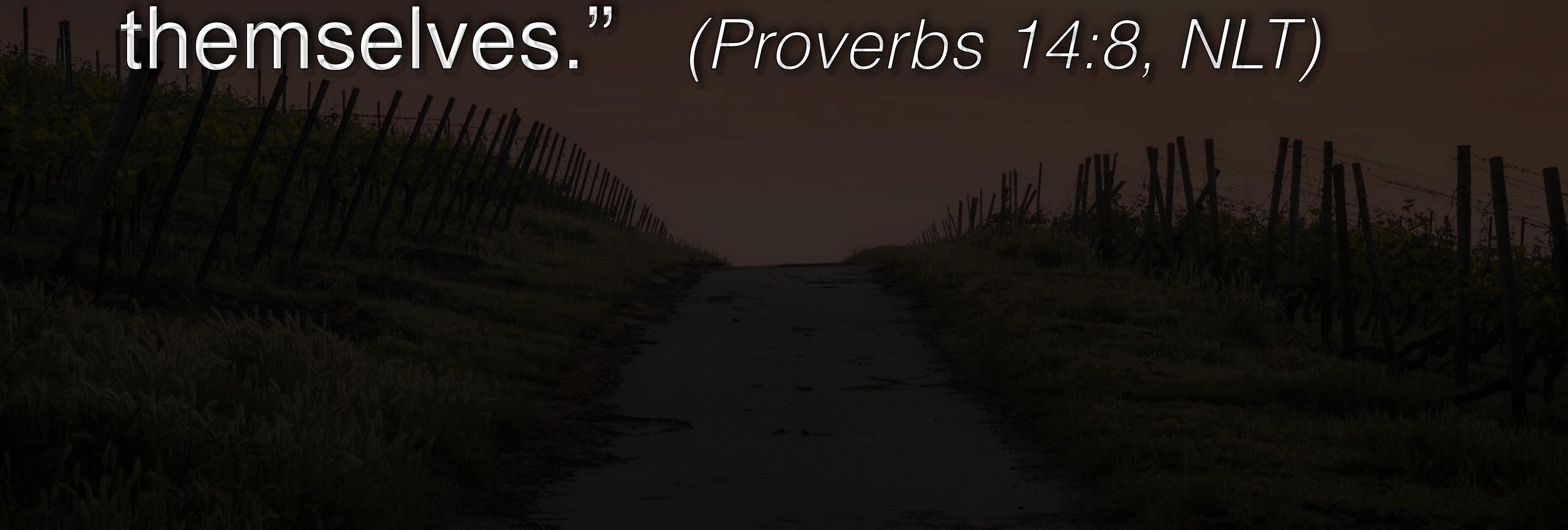


THE PRACTICE OF SELF-CONTROL

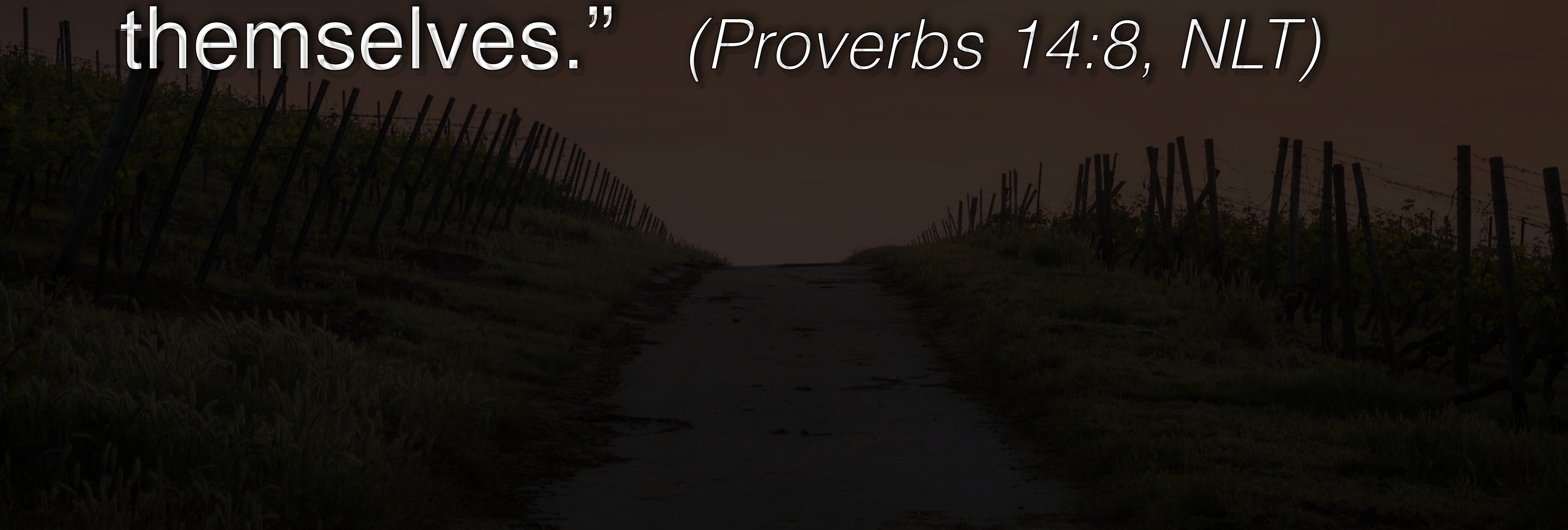


1. Take an honest self-inventory

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



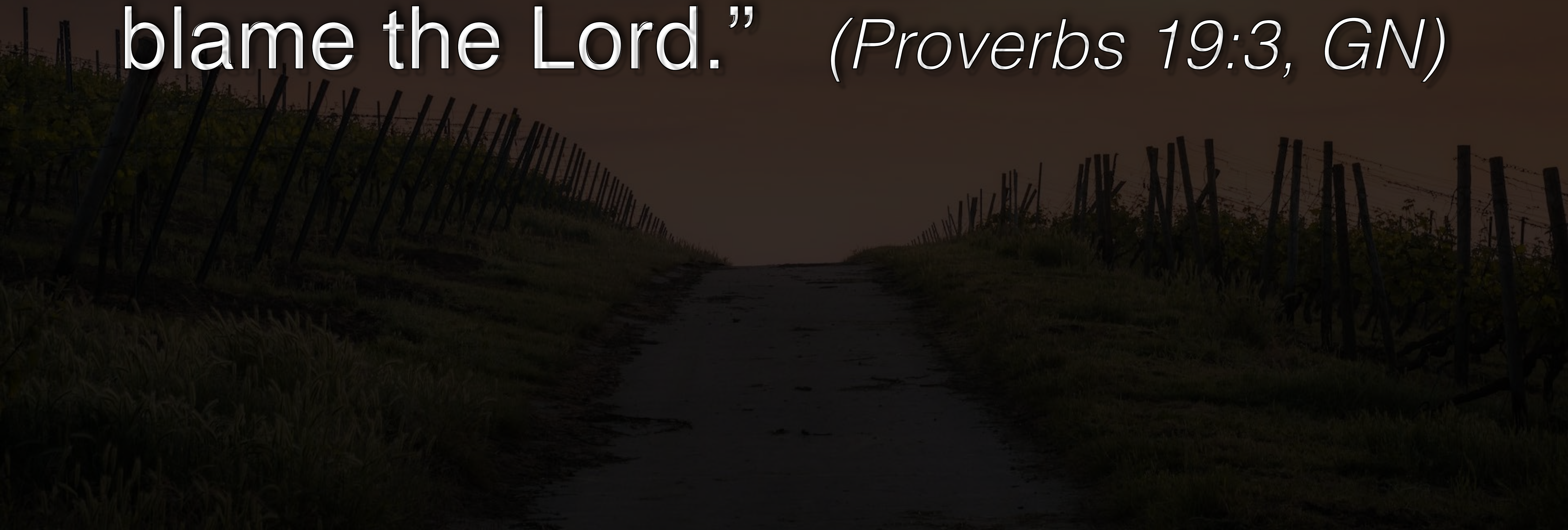
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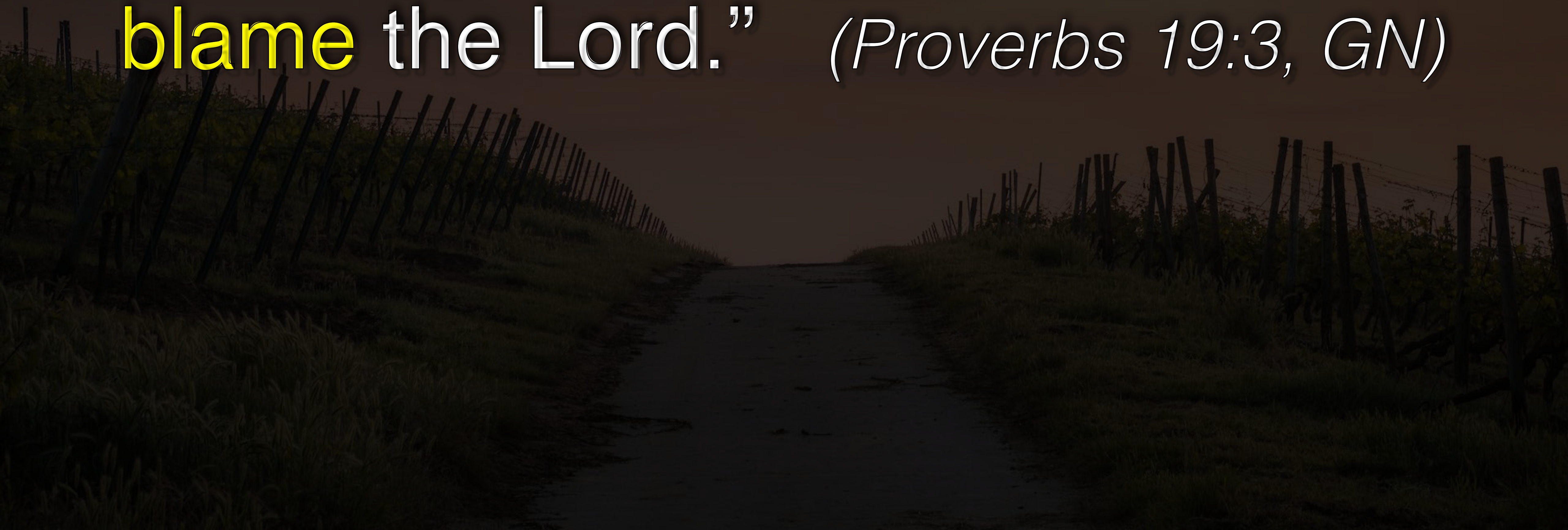
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DENIAL

“Some people ruin themselves by
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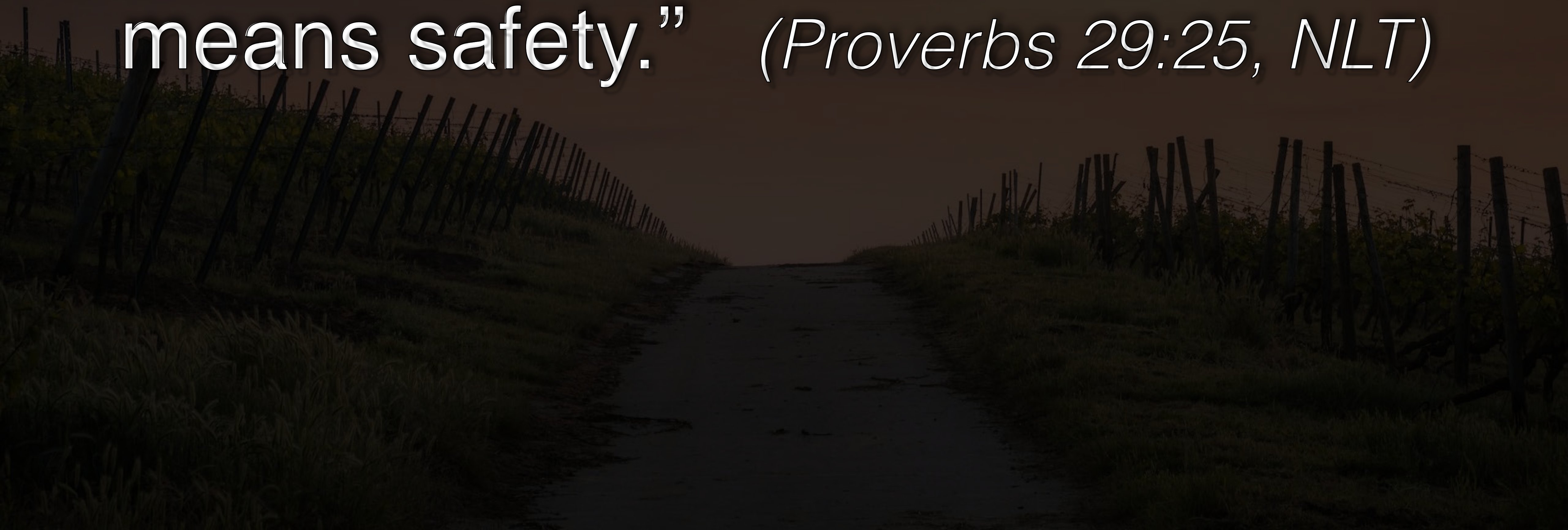
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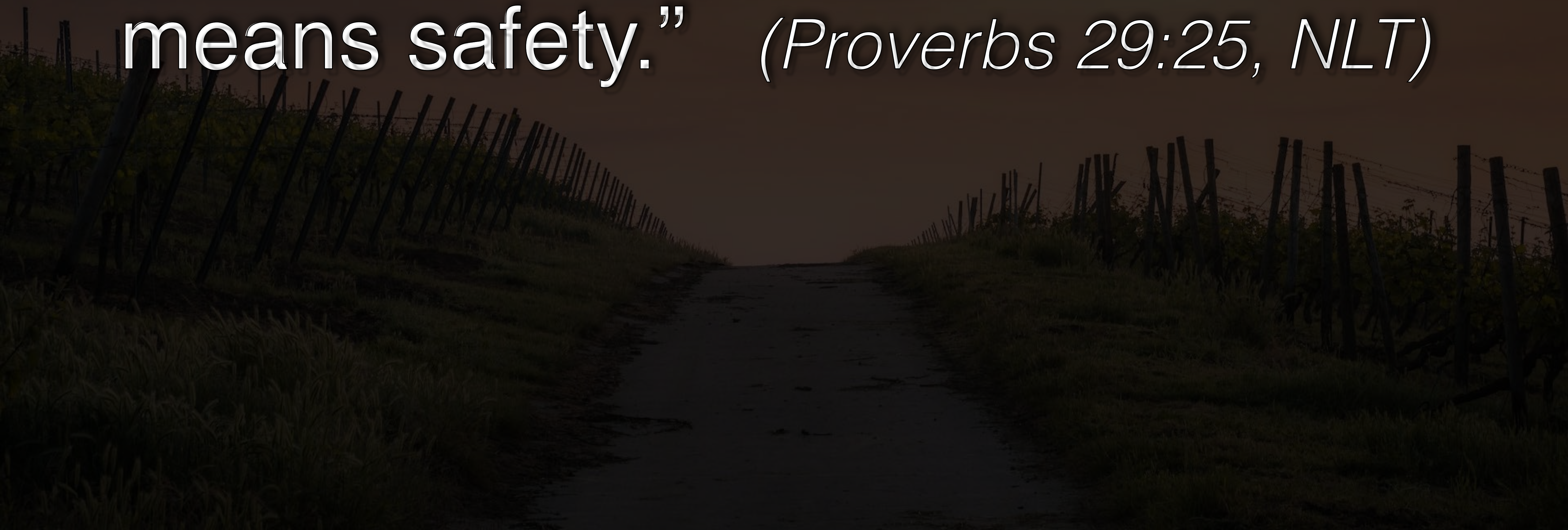


2. Believe God can help you

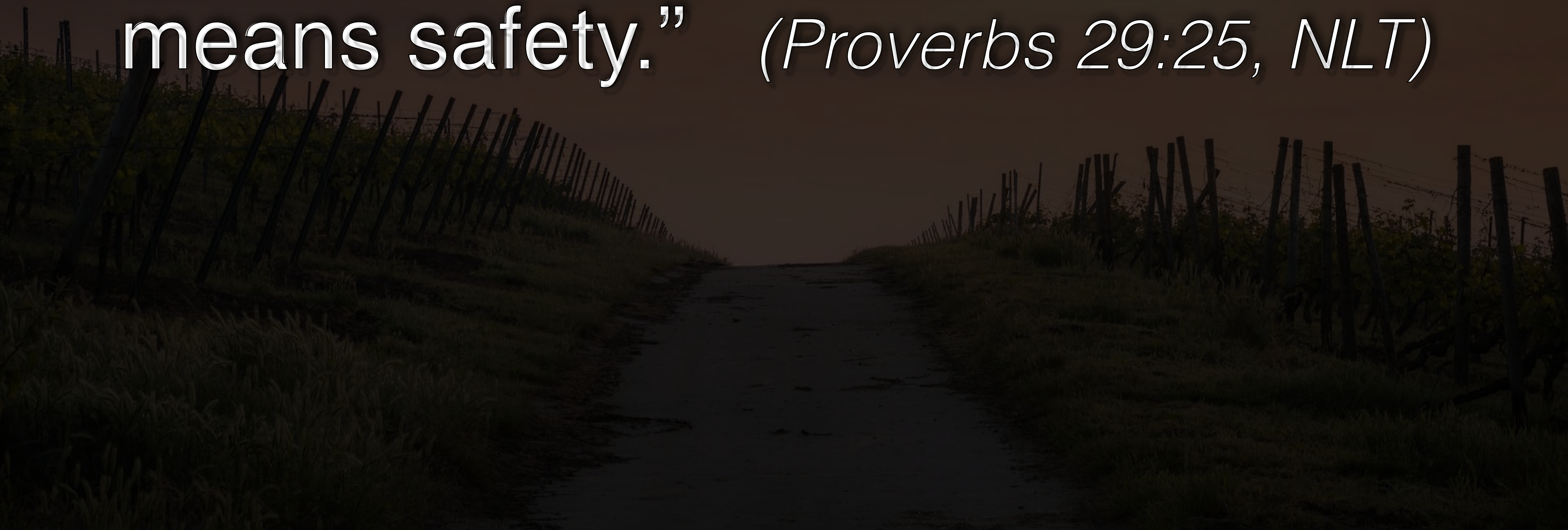
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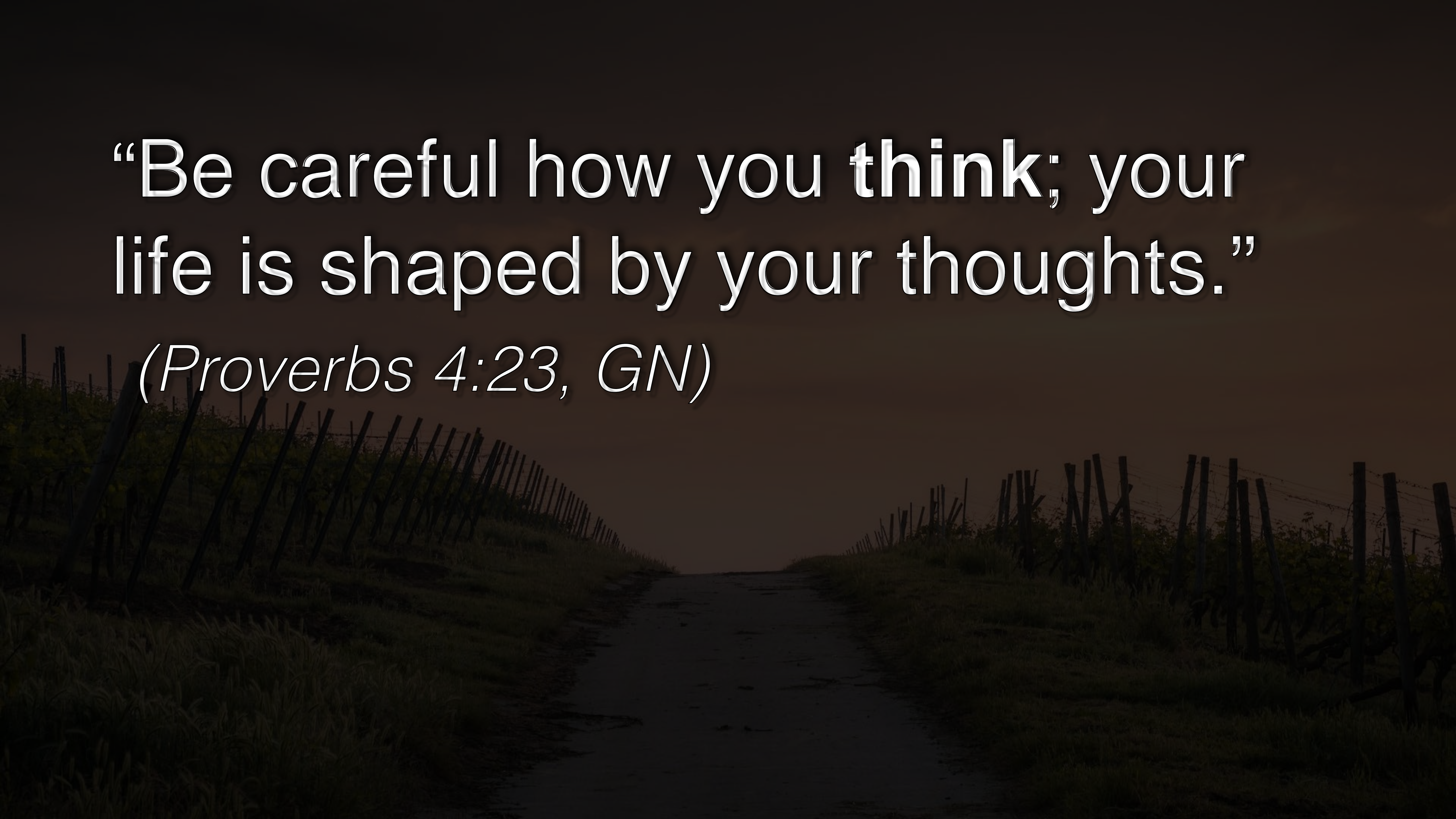


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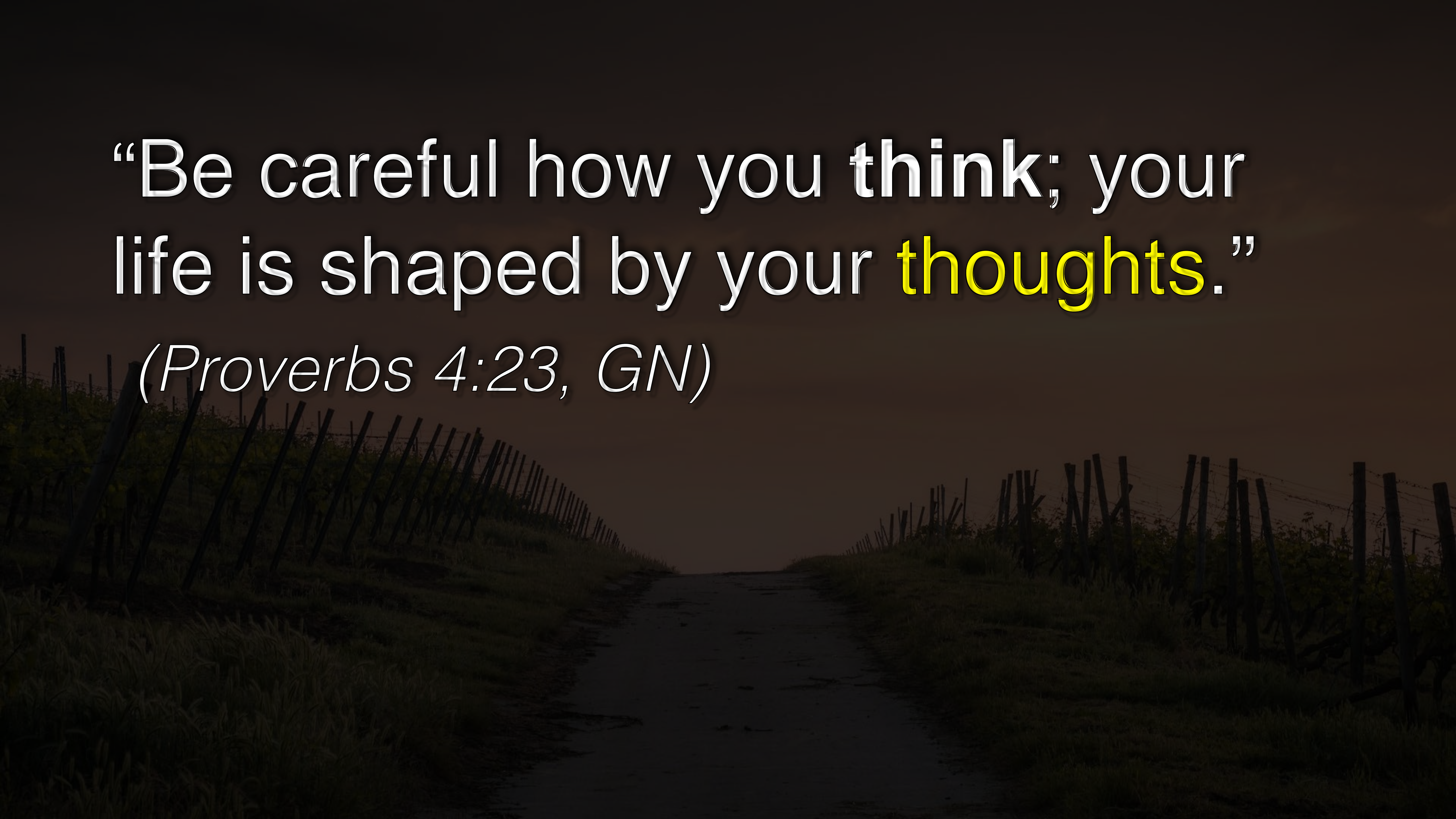


3. Refocus on something better



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

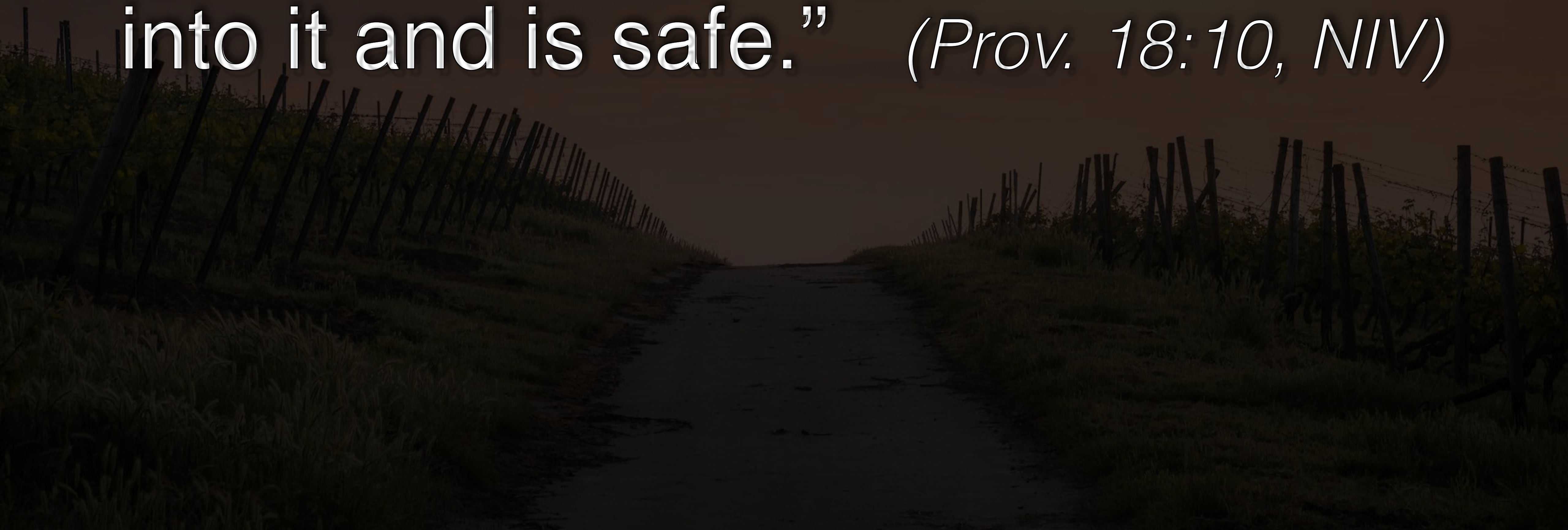
(Proverbs 4:23, GN)



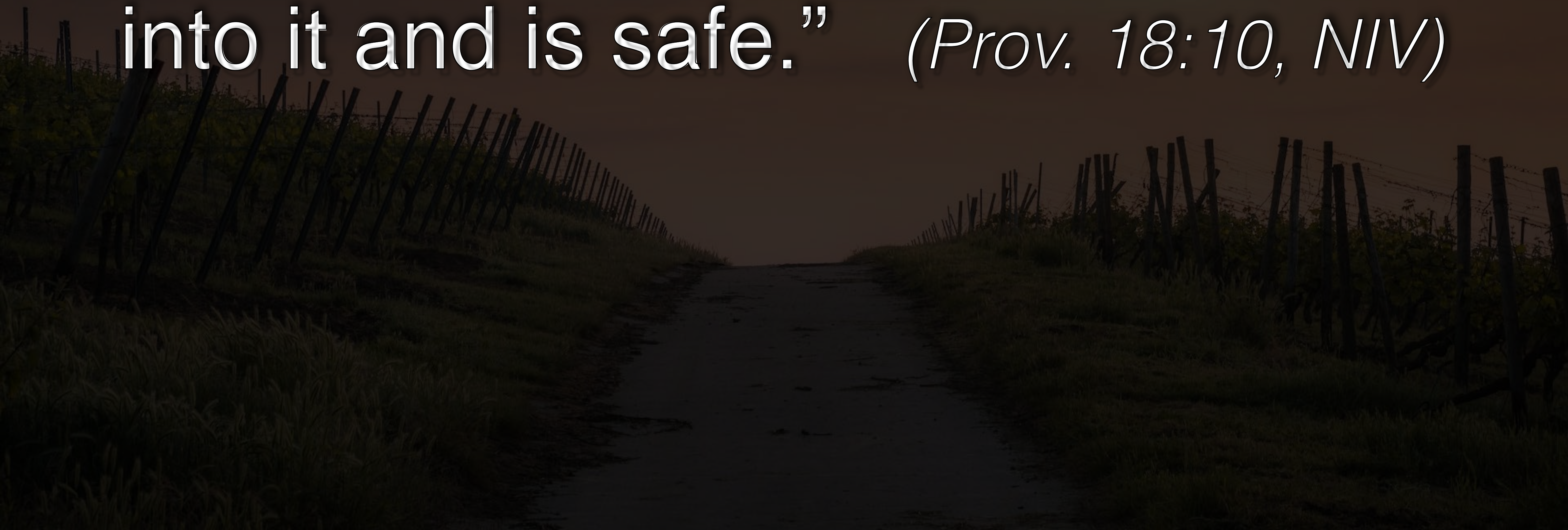
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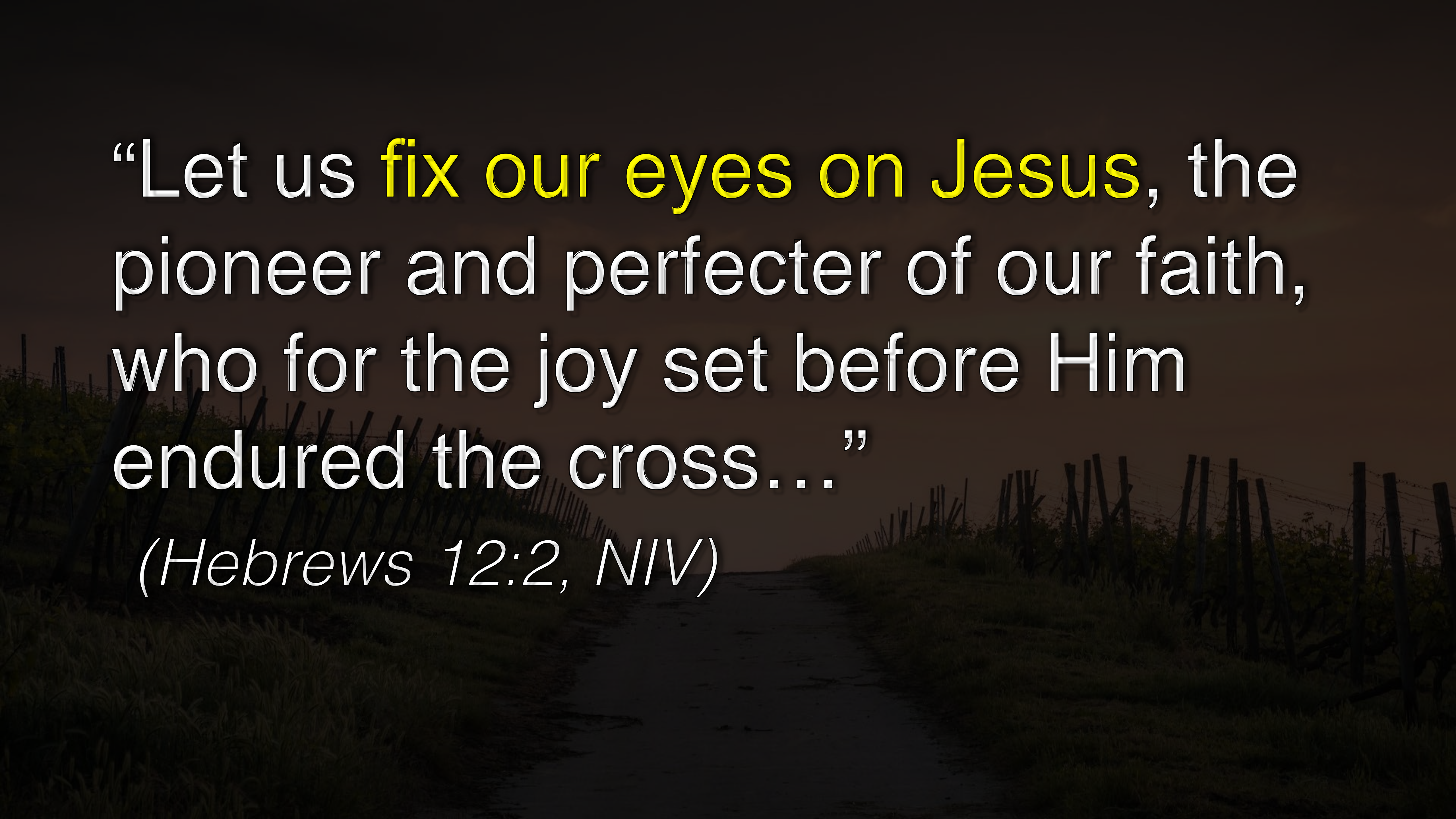


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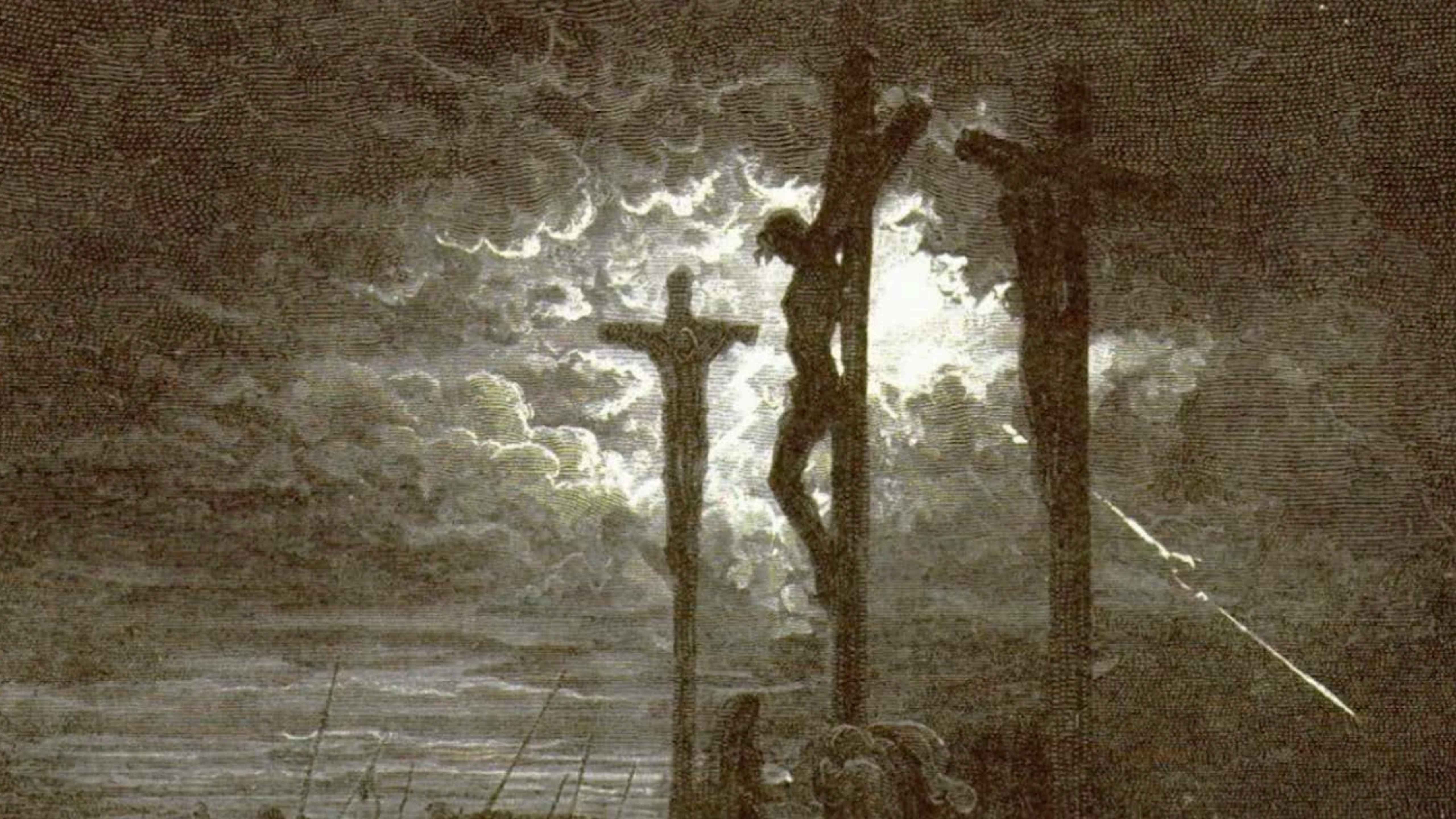
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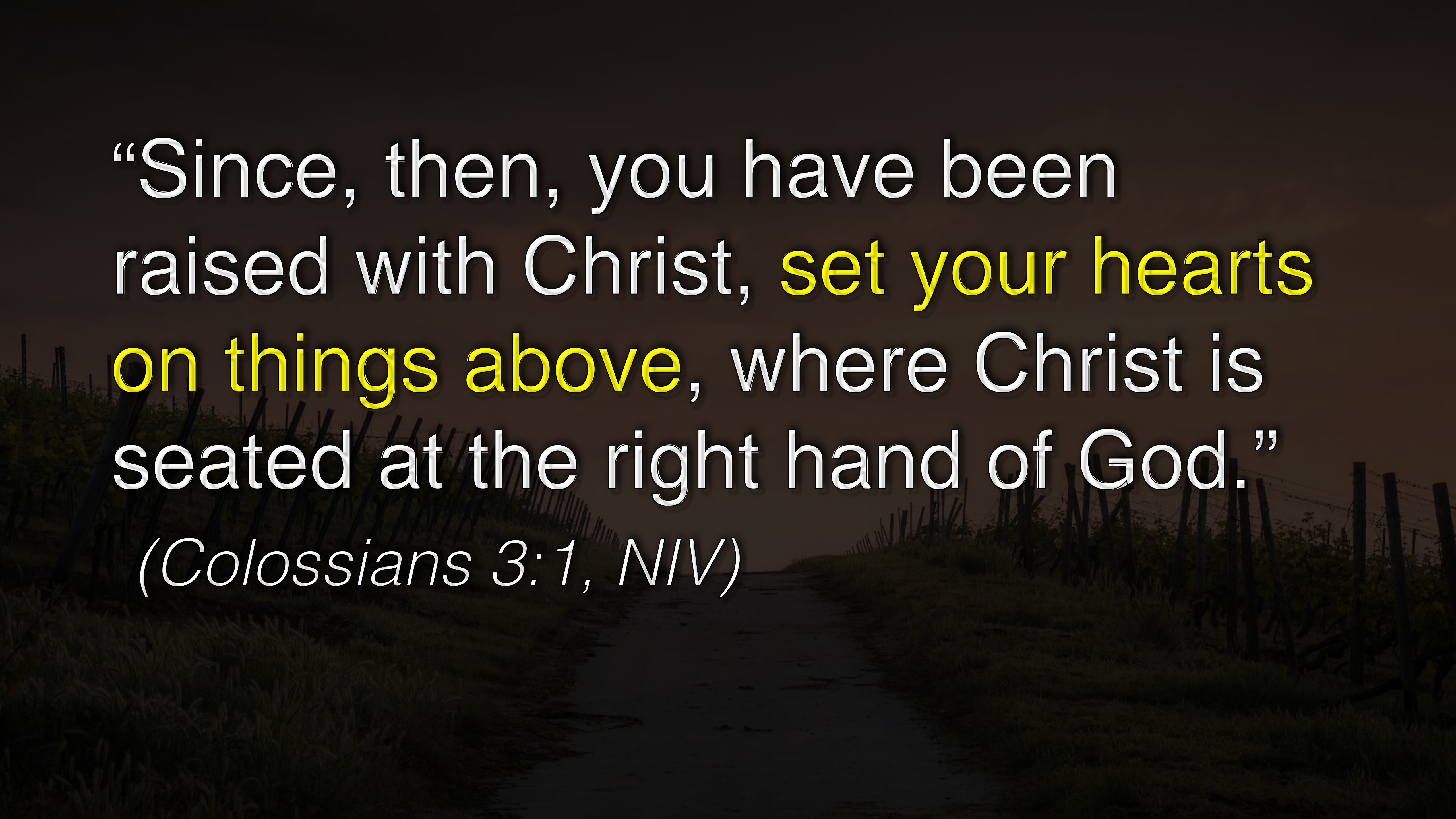
The true **nature** of God



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

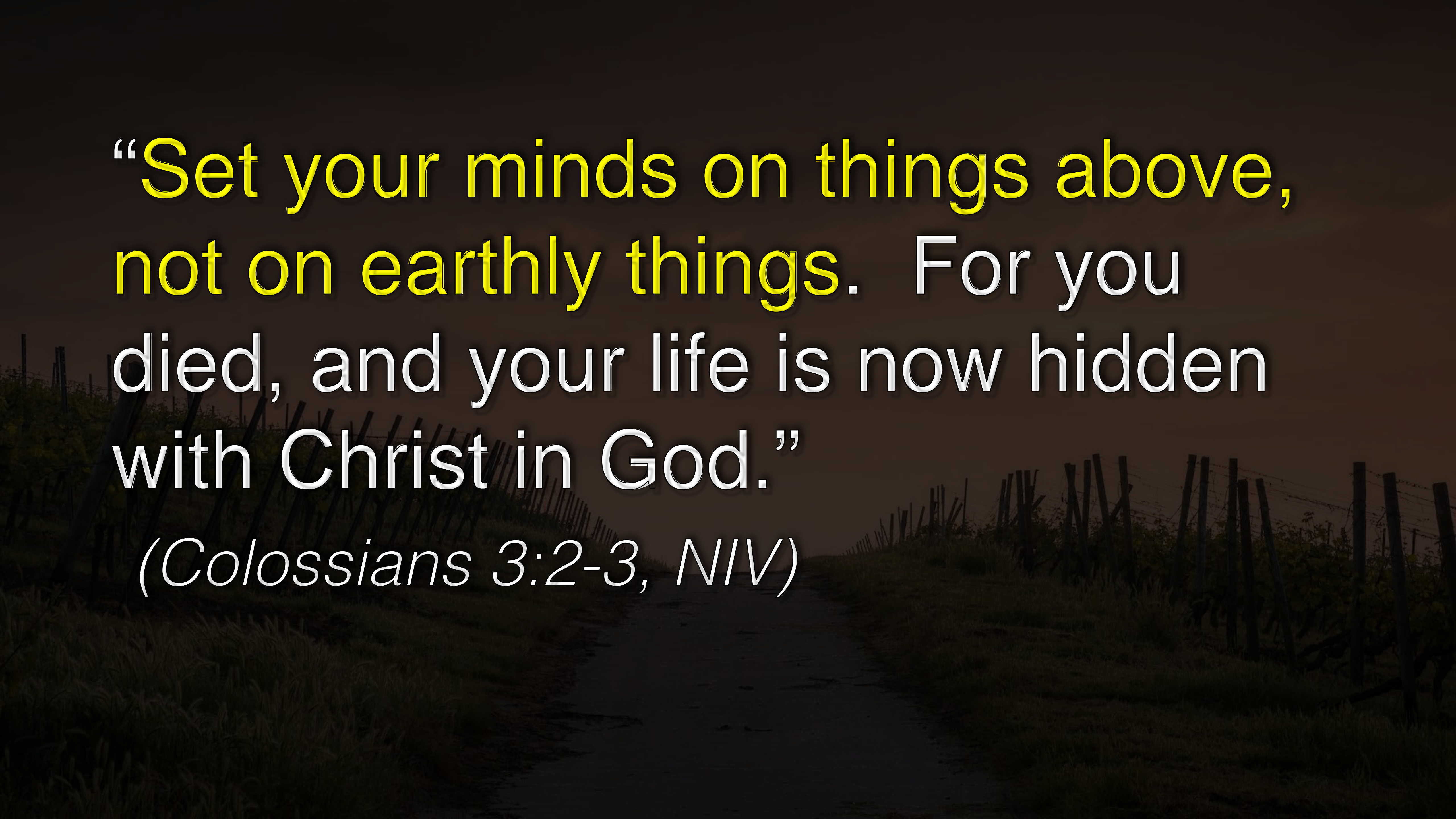
(Hebrews 12:2, NIV)





“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