

Self Control

Romans 7:15

For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate.

2 Timothy 1:7

for God gave us a spirit not of fear but of power and love and self-control.

Titus 1:8

but hospitable, a lover of good, self-controlled, upright, holy, and disciplined.

Galatians 5:22-23

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

Questions

- What are some things that keep you from being disciplined?
- How distracted is your mind on a daily basis?
- Do you give yourself time for solitude in order to think?
- How can you please God by adding Self Control to your faith?