

“A person **without self-control** is like a city with broken-down walls.” *Proverbs 25.28*

“So think clearly and **exercise self-control.**” *1 Peter 1.13*



“Teach the older men to **exercise self-control**, to be worthy of respect, and to live wisely.” *Titus 2.2*

“The fruit of the Spirit is **self-control**.” *Galatians 5.23*



01. A = Admit Your Problem

“Temptation comes from **our own desires**, which entice us and drag us away.” James 1.14



02. B = Battle Your Temptations

“We will not let Satan outsmart us. For we are familiar with **his evil schemes.**” 2 Corinthians 2.11



03. C = Challenge Your Feelings

“For the grace of God that brings salvation has appeared to all men. It teaches us to **say ‘No’** to ungodliness and worldly passions, and **to live self-controlled**, upright and godly lives in this present age.” Titus 2.11-12



04. D = Develop Your Priorities

“Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. **Set your minds on things above**, not on earthly things.” Colossians 3.1-2



05. E = Expect God To Help You

“Then he touched their eyes, saying, ‘**According to your faith be it done to you.**’” Matthew 9.29

