

Maple Springs Baptist Church

Series: The Effective Life

Week 5: Adding Self-Control

2 Peter 1:6

Self-control Deserves Priority

- Adam & Eve sinned by yielding to Satan's temptation
- Cain murdered Abel because of his anger
- Moses struggled with his temper
- Samson couldn't control his passions
- David's lack of self-control led to adultery
- Jesus addressed self-control –**Matthew 16:24, 26**
- Paul wrote: **Romans 13:13-14**

TRUTH: Self-Control is evaluating our choices biblically in accordance to God's will

Self-Control Displays Maturity

Self-Control Deepens Discipline

Self-Control Demands a Strategy

- **Ask for the Holy Spirit's Help**
 - **Self-Control is really Spirit-Control.**
- **Adjust Your Thoughts**
 - The key to controlling yourself is to control your mind, which is where most problems with self-control begin.
- **Acquire New Habits**
- **Avoid Tight Spots**
 - Avoid tight spots—the places and circumstances where you know your self-control will be challenged. **PROVERBS 16:17.**