

# Better is Self-Control

*Sermon Series: The Great Exchange*

Proverbs 16:32, 1 Corinthians 9:24-27

**Self-Control:** The 'inner strength' to not act on impulse or to overcome impulses that would not allow you to do what you need to do.

## **DEVELOPING SELF-CONTROL**

*5 ways to master your passions...*

❶ **RESOLVE TO MANAGE IT.**

(1 Corinthians 9:24, Prov. 29:11)

❷ **REFLECT BEFORE REACTING.**

(1 Corinthians 9:26, James 1:19-20)

❸ **RESTRAIN YOUR ACTIONS.**

(1 Corinthians 9:27a, Prov. 21:23)

❹ **REALIZE THE COST.**

(1 Corinthians 9:27b, Prov. 25:28, 29:22)

❺ **REQUEST GOD'S HELP.**

(Psalm 141:3-5, Galatians 5:22-25)

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❶ \_\_\_\_\_ **TO MANAGE IT.**

(1 Corinthians 9:24, Prov. 29:11)

❷ \_\_\_\_\_ **BEFORE REACTING.**

(1 Corinthians 9:26, James 1:19-20)

❸ \_\_\_\_\_ **YOUR ACTIONS.**

(1 Corinthians 9:27a, Prov. 21:23)

❹ \_\_\_\_\_ **THE COST.**

(1 Corinthians 9:27b, Prov. 25:28, 29:22)

❺ \_\_\_\_\_ **GOD'S HELP.**

(Psalm 141:3-5, Galatians 5:22-25)