

9. **Self-Control:** Surrendering control of our lives to the Holy Spirit in order to overcome wrong desires and behaviors, being in the world not of the world. Getting the boat into the water without getting the water into the boat.

“To resist extreme behavior and restore one to thinking straight and being sane by helping them to resist their desires and impulses in order to keep them safe and sound, rescuing them from danger.” [so-fro-ne-smo's

I. Reasons for the lack of Self-control:

- 1) Satanic Involvement
- 2) Wrong attitudes and actions
- 3) Cultural influence
- 4) Communication failure
- 5) Laziness or self-centered values

II. Example of Daniel and Solomon Daniel 2:20-23 ; I Kings 8:22-53; 9:3

1. Quick to give credit to God-- Daniel prayed three times a day.
2. Quick to understand who is really in control
3. Quick to show his appreciation

III. How do you rid yourself of the evil that is controlling you?

1. **Admit it**—“Do you want to get well?”, Jesus asked. John 5:6
2. **Confess it**—“If we confess our sins, He is faithful and just, to forgive us our sins cleanse us from all unrighteousness.” I Jn 1:9
3. **Replace it**—“Walk in the Spirit, and you will not fulfill the lust of the flesh.” Gal 5:16

IV. How to fully surrender to the Holy Spirit:

1. **S**cripture—“I have hidden your word in my heart that I may not sin...Ps119:11
2. **E**xercise—it relieves stress, worry & anxiety; develop a daily routine: (YMCA)
3. **L**imits: food, hobbies, internet/media—use internet safety control software
4. **F**ellowship--join a small group Bible study-pray, sing, discuss, have fun, laugh...

5. **C**ommit your life to Christ and walk by the Spirit instead of by the flesh

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“Walk by the Spirit, and you will not carry out the desire of the flesh.” Gal 5:16

6. **O**bey His commandments; walk according to truth, not your feelings
*“If you love me, you will **keep** my commandments.” John 14:15*

7. **N**urture your mind with the word of God morning, afternoon, and at night
*“**Study this Book of Instruction** continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do.” Josh 1:8*

8. **T**rust the Lord God to solve your problems; don't be discouraged and sin
*“Trust in the Lord with **all your heart**; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take”
Prov 3:5,6*

9. **R**emove all distractions; *“So **flee** youthful passions and **pursue** righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart.” 2 Tim 2:22*

10. **O**pen your heart about your struggle to someone you trust. *“Confess your faults **one to another**, and pray one for another, that ye may **be healed**.”
James 5:16*

11. **L**earn to pray continually for self-discipline; sing to your God!

*“**Never stop praying**. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus. Do not **stifle** the Holy Spirit.” I Thes 5:17*

V. Applying the Truth:

- 1.** What wrong desire or behavior do you find most difficult to avoid? How come?
- 2.** From the above list on self-control, which ones are you succeeding at the most?
- 3.** From the same list, which ones do you need the most help with? **Be honest.**
- 4.** Which areas of your life is it hard to trust God with? Why do you think that is?
- 5.** Do you have someone you can trust and be honest with? Contact them today!
- 6.** Spend time creating **actions steps** based on the suggestions above on S.C.
- 7.** How did God's truth speak to you this morning from His Word to your heart?
- 8.** What adjustments do you need to make in your life as a result of this truth?