

YES, YOU CAN . . . BECOME SELF-DISCIPLINED

Like a city whose walls are broken through is a person who lacks self-control.

Proverbs 25:28 NIV

Self-Control . . .

- Accepts the reality that the only thing in life which you can successfully change and control is yourself.
- Keeps in check self-destructive, addictive, obsessive, compulsive, irrational, and unacceptable behaviours.
- Gives you personal control, autonomy, and competency over your own life.
- When Spirit driven, it enables the character of Jesus to be developed in and lived out through your life.

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.

Galatians 5:22-23 ESV

How Can I Experience Self-Control?

- Stay **CONNECTED** to the vine

I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.

John 15:5 NIV

- Embrace God's **PURPOSE**

We look at this Son and see the God who cannot be seen. We look at this Son and see God's original purpose in everything created... *everything* got started in him and finds its purpose in him.

Colossians 1:15 MSG

- It Is About **TRAINING** Not **TRYING**

Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. So I run with purpose in every step. I am not just shadowboxing. I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.

1 Corinthians 9:24-27 NLT

Trying says "I WILL DO IT!" Training says, "THE HOLY SPIRIT AND I WILL DO IT!"

Trying is a "ONE TIME EVENT." Training is "AN ONGOING PROCESS."

Trying "FOCUSES ON THE RESULTS." Training "FOCUSES ON THE ROOT."

In Trying, "FAILURE MAKES ME A LOSER." In Training, "FAILURE TEACHES ME A LESSON."

- Find **SUPPORT** From Others

Carry each other's burdens and in this way you will fulfill the law of Christ.

Galatians 6:2 NIV