

**Practice Self-Control**  
**Break Every Chain – Part 4**  
Life Church St. Louis – June 11, 2017  
Lead Pastor – Dr. Dan Walker

2 Peter 1:5-6 (ESV) For this very reason, make every effort to supplement your faith with virtue, and virtue with knowledge, and knowledge with self-control,

Romans 12:3 (ESV) For by the grace given to me I say to everyone among you not to think of himself more highly than he ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned.

**1. Self-control begins in the \_\_\_\_\_**

**A. \_\_\_\_\_ your mind**

Romans 12:2 (ESV) Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

**B. Take your thoughts \_\_\_\_\_**

2 Corinthians 10:5 (ESV) We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ,

**2. Be \_\_\_\_\_**

1 Thessalonians 5:6 (ESV) So then let us not sleep, as others do, but let us keep awake and be sober.

**A. Be \_\_\_\_\_**

1 Peter 5:8 (ESV) Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.

**B. Be \_\_\_\_\_ for action**

1 Peter 1:13 (ESV) Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ.

**3. \_\_\_\_\_ self-control**

Galatians 5:22-23 (ESV) But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

**A. Put \_\_\_\_\_ in your heart**

Psalms 119:11 (ESV) I have stored up your word in my heart, that I might not sin against you.

**B. Put to \_\_\_\_\_ sinful behavior**

Colossians 3:5 (ESV) Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry.

**C. Learn to say \_\_\_\_\_**

Titus 2:11-12 (ESV) For the grace of God has appeared, bringing salvation for all people, training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age,

**Action Plan for This Week**

How will I obey God's Word this week? \_\_\_\_\_

\_\_\_\_\_

**Practice Self-Control Study Guide**  
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Intro. How would you define self-control (2 Peter 1:5-6)?

Why is it important to supplement the knowledge of God with self-control (2 Peter 1:5-6)?

In what ways is suppressing feelings an ungodly form of self-control?

If feelings are warnings of problems in your life, why is denial of those feelings and problems so dangerous (Romans 12:3)?

1A. Explain why self-control of one's actions must begin with self-control of one's thoughts (Matthew 5:19).

1B. How can our mind and thoughts be renewed (Romans 12:2)?

1C. Describe the battle for the mind spoken of in 2 Corinthians 10:5)?

1D. With a culture that is increasingly opposed to the truth of God's Word, how can you protect your mind from its influence?

2A. What does 1 Thessalonians 5:6 warn us of with respect to our minds and thoughts?

2B. How can underestimating the devil with regard to your thinking prove deadly (1 Peter 5:8)?

2C. How can preparing your mind for godly action be part of practicing self-control (1 Peter 1:13)?

2D. What is wrong with the idea that a person can watch, read or listen to ungodly things and it not affect them?

2E. Why do you think that people who fall into sin and leave the church are usually not involved in a small group or serving in the church?

3A. How is the Holy Spirit involved in developing self-control (Galatians 5:22-23)?

3B. In what ways does God's Word help us to grow in self-control (Psalm 119:11)?

3C. How does one exercise self-control by putting to death sinful behavior (Colossians 3:5)?

3D. In what ways does God's grace train us to renounce sin and live self-controlled lives (Titus 2:11-12)?

3E. How can you develop self-control in your own life over your particular weaknesses to temptation?