

## THE DREAM KILLER – Self-Control: The Life Saver – Thursday, March 4<sup>th</sup>

- **One of the most important things that you can develop as a believer is self-control-**
  - Self-control-The ability to make yourself do what you need to do that you don't want to do and it's the ability to not allow yourself to do what you want to do that you don't need to
  - Self-control is required to run our race-1Cor9:25-*Know ye not that they which run in a race run all, but one receives the prize? So run that you may obtain (Hb12:1). 25 And every man that strives for mastery (competes for prize-Ph3:14) is temperate (self-restraint/control) in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. 26 I therefore so run, no as uncertainly; so fight I, not as one that beats the air: 27 But I keep under my body and bring it into subjection*
- **Lack of self-control makes you vulnerable to the enemy-Pr25:28**-*He that has no rule over his own spirit (seat of emotion, mental act, desire, will) is like a city broken down and without walls; ER-People who cannot control themselves are like cities without walls to protect them*
  - Being weak in self-control you'll follow the dictates of the flesh and be devoured by the enemy
  - Self-control is vital to your safety and success-There will be things that you don't want to do, that you need to do to ensure your success and there will be things that you want to do that you can't do if you want to succeed
  - God places high value on self-control-Pr16:32-*He that rules his spirit is better than he that takes a city*
- **The way to develop self-control is to practice self-control**
  - The believer has temperance in them-Gal5:23-*The fruit of the spirit is...temperance (self-control)*
  - The fruit of the spirit are like muscles-Muscles you have, but don't use stay weak
  - You will not develop in what you do not do-You have to exercise it to get stronger
  - You must believe you have it and start using it-You start exercising self-control on something right now