



Session 3 – How Do I Develop Self-Control?

Realize Change Is Possible

God never commands us to do that which we, without his help, cannot accomplish (1 Corinthians 10:13).

1. This keeps us from losing hope.
2. This keeps us from blaming God.

Discipline Yourself to Seek God's Grace

1. Prioritize your daily time with God.
2. Ask God to build discipline in your life.
3. Study God's Word to change your thinking concerning self-control (see appendix)

Seek the Desire to Be Self-Controlled

God often changes our actions by changing our desires. You will only do something you hate for so long before you quit. The Bible teaches that part of God's growth process is changing what we want (Philippians 2:13).

Fight the Little Battles

Self-control is a habitual way of life. A lack of self-control in one area will show up in another. The way to have big victories is to start with little victories (1 Corinthians 9:25).

Be Encouraged, But Not Satisfied by Success