

Wisdom & Self Control Pr. 18:10-12; 23:19-21; 25:28

1) What is Self Control?

a) We often think self control as _____ our evil desires.
-The danger in this is that we limit it to extreme things like addictions.

b) Proverbs says that Self Control is the ability to restrain your _____ —that is your passions and appetites.

It's the ability to say "No" to yourself—to control your _____ and _____ and the expression of them in your _____.

c) Self Control involves more than rejecting bad things. It can also involve limiting _____ or neutral things!

d) Reflection Questions:

What things are you tempted to do instead of what you should be doing?

What do you fill your time with that crowds out other activities that you want to do?

2) D _____ of a Lack of Self Control

a) Warning 1: You are only as strong as your _____ area of self control!

b) Warning 2: Don't put your trust in _____ walls.

3) How to grow in Self Control?

a) Realize you are in a _____ and under attack.

b) Remember who God is and tell yourself the _____ about him and your current situation.

*What truths about God do you need to be reminded of

b) Converting the _____ to love Jesus more!

*Our sinful desires need to be _____ by a greater affections (Titus 2:11-13)

*Jesus' love for us _____ him to endure his trials. His love for us can motivate and empower us! (Hebrews 12:1,2)

Quotes To Ponder:

"University of Michigan professor of social psychology Richard Nisbett, one of the world's greatest authority on intelligence, plainly said that he'd rather have his son be high in self-control than intelligence. Self-control is key to a well-functioning life, because our brain makes us easily susceptible to all sorts of influences."

Larry Greenemeier, *"What Causes Someone to Act on Violent Impulses and Commit Murder?"* www.scientificamerican.com

"Those who are at the mercy of impulse – who lack self-control – suffer a moral deficiency." *Emotional Intelligence* by Dr. Daniel Goleman

Recommended Reading:

- The Explosive Power of New Affections By Thomas Chalmers