

**SELF-CONTROL**  
Galatians 5:22-23

The word *Self-Control* comes from the Greek word *enkrateia* (*en-kray-tee-uh*), which literally means “controlled by power or strength from within.” It suggests the control or restraint of our passions, appetites, and desires.

Self-control isn’t simply knowing what you should or shouldn’t do. Most of us, generally speaking, have a good idea of what we should or shouldn’t do. The problem isn’t knowing what is good; the problem is doing the good which we have determined to do. Obviously, we don’t have the power to completely control ourselves, or else there would be no need for a fruit of self-control. Perhaps the issue would be easier to understand if we referred to the fruit of temperance in a more definitive term such as “passion-control.”

**SEVEN STEPS TO SELF-CONTROL**

**1. Admit your problem.**

James 1:14

Do you know why I do bad things? I like to do them! We like to take the path of least resistance and that path usually involves giving in to temptation.

**2. Put your past behind you.**

Philippians 3:13-14

This verse exposes a misconception that will keep you from gaining self-control — “once a failure; always a failure”. Past failure doesn’t mean that you will never be able to change but focusing on the past does guarantee that it will be repeated.

**3. Talk back to your feelings.**

Titus 2:11-12

God doesn’t want us to be manipulated by our moods. Fight the tendency to believe that everything has to feel good, or it’s not worthwhile. God’s grace gives us the power to do what’s right!

**4. Believe that you can change.**

Romans 12:2

When self-control is being tested, fill your mind with the promises of God!

I Corinthians 10:13 — But remember that the temptations that come into your life are no different from what others experience. And God is faithful. He will keep the temptation from becoming so strong that you can't stand up against it. When you are tempted, He will show you a way out so that you will not give in to it. (NLT)

Philippians 4:13 — For I can do everything with the help of Christ, Who gives me the strength I need. (NLT)

Mark 9:23 — What do you mean, If I can? Jesus asked. Anything is possible if a person believes. (NLT)

**5. Make yourself accountable.**

Ecclesiastes 4:12; Galatians 6:2

Suggestions for Accountability Partners

1. Find a partner of the same sex.
2. Seek a partner that is faithful to the commitment.
3. Find someone who is familiar with the types of issues you face.
4. Select someone who can be confidential.

**6. Avoid temptation.**

Ephesians 4:27

The great American hero, Forest Gump, says, “If you don’t want to be stung, stay away from bees!”

**7. Defend on Christ’s Power.**

Galatians 5:16

I’m going to get well, first, then, I’m going to the doctor! It doesn’t make much sense when you say it that way, does it?