

1. Introduction

- a. Example of self control problem
 - Rick had to limit food volume after age 30 to stay healthy
 - Have to exercise for good health
- b. Self control is delayed gratification
- c. examples of self control
 - bits in horse's mouth
 - rudder on ships
 - James 3:3-4 control of large things
- d. Self control is holding back
 - not impulsive behavior driven
 - not reacting to everything
 - take time to consider everything before taking action
- e. Prov. 25:28
 - person not rule their own spirit?
 - like a city with broken walls

2. Universal Civil War

- a. Rom 7:19 old self fighting new self
- b. Fighting inside your self
 - struggling with bad self
- c. Stay honest with yourself
 - do not tell lies to yourself

3. Know Your Enemy

- a. Who is Christian's enemy?
 - Satan is Christian's enemy
- b. Satan was liar & murderer from the beginning
 - John 8:44
- c. My worst enemy is myself
 - Gal 5:19-21 works of the flesh

4. Cycle of Sin

- a. sin pervasive over time
 - James 1:13-15
 - temptation → bad desires → lust
→ enticed (drawn away) → desire
(addiction) → birth to sin →
full grown sin → death
- b. How does sin happen?
 - temptation is the bait

4b (cont)

- person takes the bait because they have bad desires & wants bait
- tempted by evil (see, touch, hear, feel)
- evil desires acted upon gives birth to sin
- over time sin grows more in person to finally death

c. Christian

- 2 Cor 5:17 Christian is new creation
- all things become new

5. Human Flesh vs (opposed) Holy Spirit

a. Who has Holy Spirit inside?

- 1 Cor 6:19-20 Holy Spirit lives inside Christian's physical body
- Christian body is temple of Holy Spirit

6. Gospel is the Good News

a. Fruit of Holy Spirit

- Gal 5:22-23 one single fruit
- fruit has 9 parts
- temperance (self control)
- no laws against good character

b. Walk in the Holy Spirit

- Gal 5:25 Person's actions

c. Self control gives more personal freedom

d. Everyone chooses their decisions

e. Example of good speech

- James 3:2, 6-16

- your tongue forms speech that comes from your inside heart
- * good heart vs bad heart

f. Give yourself "3 second timeout" when tempted

7. Winning Sin War

a. Wait, stop

- b. 1 Cor 9:24-25 Run "race of life" to win mastery of life - no quitting