

**Galatians 5:22-23 (NKJV)** <sup>22</sup> But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, <sup>23</sup> gentleness, **self-control**. Against such there is no law.

"I count him braver who overcomes his desires than him who conquers his enemies; for the hardest victory is the victory over self."

Aristotle.

**Romans 7:18 (NIV)** I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.

**Galatians 5:16-17 (NKJV)** <sup>16</sup> I say then: Walk in the Spirit, and you shall not fulfill the **lust of the flesh**. <sup>17</sup> For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish.

**Proverbs 25:28 (NIV)** Like a city whose walls are broken down is a man who lacks self-control.

We break down our walls of protection and security against the works of the flesh and we put up walls that inhibit the Holy Spirit's voice.

**1 Peter 5:8 (NKJV)** Be **sober**, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.

**1 Thessalonians 5:5-6 (CSB)** <sup>5</sup> For you are all children of light and children of the day. We do not belong to the night or the darkness. <sup>6</sup> So then, let us not sleep, like the rest, but let us stay awake and be self-controlled.

**1 Thessalonians 5:8 (CSB)** But since we belong to the day, let us be self-controlled and put on the armor of faith and love, and a helmet of the hope of salvation.

Your thought life becomes the avenue where self-control is nurtured and matured.

**1 Corinthians 2:14-16 (NKJV)** <sup>14</sup> But the natural man does not receive the things of the Spirit of God, for they are foolishness to him; nor can he know *them*, because they are **spiritually discerned**. <sup>15</sup> But he who is spiritual judges all things, yet he himself is *rightly* judged by no one. <sup>16</sup> For "*who has known the mind of the LORD that he may instruct Him?*" But we have the mind of Christ.

**Titus 1:7-8 (NIV)** <sup>7</sup> Since an overseer is entrusted with God's work, he must be blameless--not overbearing, not quick-tempered, not given to drunkenness, not violent, not pursuing dishonest gain. <sup>8</sup> Rather he must be hospitable, one who loves what is good, **who is self-controlled**, upright, holy and disciplined.

**Titus 2:1-2 (NIV)** <sup>1</sup> You must teach what is in accord with sound doctrine. <sup>2</sup> Teach the older men to be temperate, worthy of respect, self-controlled, and sound in faith, in love and in endurance.

**Titus 2:11-14 (NIV)** <sup>11</sup> For the grace of God that brings salvation has appeared to all men. <sup>12</sup> It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, <sup>13</sup> while we wait for the blessed hope--the glorious appearing of our great God and Savior, Jesus Christ, <sup>14</sup> who gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good.

**2 Corinthians 10:3-5 (NKJV)** <sup>3</sup> For though we walk in the flesh, we do not war according to the flesh. <sup>4</sup> For the weapons of our warfare *are* not carnal but mighty in God for pulling down strongholds, <sup>5</sup> casting down arguments and every high thing that exalts itself against the knowledge of God, **bringing every thought into captivity to the obedience of Christ,**