

**Self-Control  
Motivated – Part 9  
1 Samuel 24**

- **Self-Control Protects The Plan God Has For Me.**

**Why is self-control so difficult?**

- Our emotions **feel** like truth.
- People **encourage** what God has **not approved**.
- We naturally **react** in the flesh rather than **respond** in the Spirit.

**Series Memory Verse:** *“But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!” Galatians 5:22–23 (p.893)*

**1. Pause before you act.**

*“But then David’s conscience began bothering him because he had cut Saul’s robe.”  
1 Samuel 24:5 (p.229)*

*“...You must all be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness God desires.” James 1:19-20 (p.930)*

**2. Ask: “Is this God’s plan for me?”**

*“He said to his men, ‘The Lord forbid that I should do this to my lord the king. I shouldn’t attack the Lord’s anointed one, for the Lord himself has chosen him.’”  
1 Samuel 24:6 (p.229)*

*“Better to be patient than powerful; better to have self-control than to conquer a city.” Proverbs 16:32 (p.492)*

*“...Make every effort to respond to God’s promises...with self-control...The more you grow like this, the more productive and useful you will be in your knowledge of our Lord Jesus Christ.” 2 Peter 1:5-8 (p.938)*

**My Next Step This Week:** Identify one “cave” moment where you have the opportunity to do what you want, but God invites you to surrender.