

NOTES

1. To develop **self-control**: we must depend upon the Holy Spirit and obey God’s Word; it requires self-discipline; we should have a desire for more; we must trust in God’s timing...
 - a. We need to speak _____ to ourselves.
 - b. We must be _____ from following God’s Word and God’s will.
 - c. We must _____ ourselves from sin.’
2. Integrity emphasizes our _____ as Christians, dignity emphasizes our _____.

NOTES:

Scripture Refs

Ps. 42:11; 43:5; 119:16,28,97-100; 2nd Cor. 10:5; Mark 5:15
1st Pet. 1:13 2:11-12; Eph. 5:15-17; 1st Cor. 4:17; 15:33
Pr. 7:6-9,25; 13:20; Php. 3:17; John 20:25

Reflection & Discussion

1. For each key word in your notes regarding *self-control*, find a reference in the Bible to support it. (e.g. “decisively”, Psalm 42:11)
 - a. Which is/are hardest to follow? How are you developing these characteristics in your life?
2. All believers are to be a model/example of Christian life to other believers.
 - a. What areas of life are you comfortable having others imitate? What areas are still a ‘challenge’?
 - b. How can a Christian ‘offer’ himself/herself to others, to be imitated? (Paul was blunt! “Imitate me”. How should we convey that message to others?)
3. (Take time to pray and ask the Lord to build you up as an encourager, in self-control, and that you truly *walk-the-talk* of Christianity.)