

“Functioning With Self Control”

Part One July 12, 2026

Facts About Self Control

1. Self control can be _____.

Titus 2:2 Teach the older men to be temperate, worthy of respect, self-controlled, and sound in faith, in love and in endurance.

2. Self control is _____ desires & passions.

Titus 2:11 For the grace of God has appeared that offers salvation to all people. 12 It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, 13 while we wait for the blessed hope—the appearing of the glory of our great God and Savior, Jesus Christ,

3. Self control _____ from God.

Galatians 5:22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law.

4. Self control _____ us to follow God.

1 Peter 1:13 Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming. 14 As obedient children, do not conform to the evil desires you had when you lived in ignorance.

Why Self Control Is So Important

1. Self control can _____ my life.

Proverbs 29:11 Fools give full vent to their rage, but the wise bring calm in the end.

Proverbs 6:25 Do not lust in your heart after her beauty or let her captivate you with her eyes. 26 For a prostitute can be had for a loaf of bread, but another man's wife preys on your very life.

2. Self control adds _____ to my life.

Proverbs 25:28 Like a city whose walls are broken through is a person who lacks self-control.

1 Peter 4:7 The end of all things is near. Therefore be alert and of sober mind so that you may pray.

3. Self control is necessary to _____ spiritually.

1 Timothy 3:2 Now the overseer is to be above reproach, faithful to his wife, temperate, self-controlled, respectable, hospitable, able to teach, Titus 1:6 An elder must be blameless, faithful to his wife, a man whose children believe and are not open to the charge of being wild and disobedient. 7 Since an overseer manages God's household, he must be blameless—not overbearing, not quick-tempered, not given to drunkenness, not violent, not pursuing dishonest gain. 8 Rather, he must be hospitable, one who loves what is good, who is self-controlled, upright, holy and disciplined.

4. Self control _____ me from evil.

1 Peter 5:7 Cast all your anxiety on him because he cares for you. 8 Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. 9 Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.