

A. Here are some awesome promises about self control –

- ❖ *Phil. 4.13 (NIV) I can do everything through him who gives me strength.*

1. The resources of God this is the truth of who I am.

- ❖ *2Tim. 1.7 (NIV) For God did not give us a spirit of timidity (fear), but a spirit of power, of love and of self-discipline.*
- ❖ *Jude 24 (NIV) To him who is able to keep you from falling and to present you before his glorious presence without fault and with great joy — 25 to the only God our Savior be glory, majesty, power and authority, through Jesus Christ our Lord, before all ages, now and forevermore! Amen.*
- ❖ *2Cor. 5.17 (NIV) Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!*
- ❖ *Phil. 1.6 (NIV) being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.*
- ❖ *Col. 1.22 (NIV) But now he has reconciled you by Christ's physical body through death to present you holy in his sight, without blemish and free from accusation —*
- ❖ *Rom. 8.1 (NIV) Therefore, there is now no condemnation for those who are in Christ Jesus, 2 because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death.*
- ❖ *Rom. 8.37 (NIV) No, in all these things we are more than conquerors through him who loved us. 38 For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, 39 neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.*
- ❖ *1John 3.19 (NIV) This then is how we know that we belong to the truth, and how we set our hearts at rest in his presence 20 whenever our hearts condemn us. For God is greater than our hearts, and he knows everything.*

2. This is the truth about temptation.

- ❖ *1Cor. 10.13 (NIV) No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.*
- ❖ *James 1.2 (NIV) Consider it pure joy, my brothers, whenever you face trials of many kinds, 3 because you know that the testing of your faith develops perseverance. 4 Perseverance must finish its work so that you may be mature and complete, not lacking anything.*
- ❖ *Heb. 4.15 For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are — yet was without sin. 16 Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.*

3. This is the truth about anxiety and fear.

- ❖ *Psa. 46.1 (NIV) God is our refuge and strength, an ever-present help in trouble. 2 Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, 3 though its waters roar and foam and the mountains quake with their surging*
- ❖ *Psa. 27.1 (NIV) The LORD is my light and my salvation — whom shall I fear? The LORD is the stronghold of my life — of whom shall I be afraid?*
- ❖ *Prov. 18.10 (NIV) The name of the LORD is a strong tower; the righteous run to it and are safe.*
- ❖ *Is. 26.3 (NIV) You will keep in perfect peace him whose mind is steadfast, because he trusts in you.*