

Cultivating Self-Control

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

But if us stay tight wit God Spirit, he give us plenny love an aloha fo erybody. He make us stay real good inside. He help us so notting bodda us. He help us guys hang in dea wit odda peopo long time. He help us tink good bout eryting, an like do good kine stuff fo peopo. He help us fo do wat we promise fo do. He help us make nice to peopo an do um wit one good heart. **He help us fo hold back wen we gotta hold back.** No mo rules dat tell you dat you no can do all dat kine stuff I wen jus tell you. GAL 5:22-23 HPB

Number 1 KNOW GOD's _____.

2 Tim 3:15-16 you have known the sacred writings which are able to give you wisdom that leads to salvation through faith which is in Christ Jesus. All scripture is inspired by God and profitable for teaching reproof for correction for training in righteousness so that the man of God may be adequately equipped for every good word.

Number 2 Be aware of the danger of the lack of self-control.

Matthew 5: 29 Jesus says "if your right eye makes you stumble gouge it out and throw it away. for it is better for you to lose one part of your body then for your whole body to be thrown into hell. And if your right hand makes you stumble cut it off and throw it away for it is better for you to lose one part of your body then for your whole body to go into hell."

Number 3 Be prepared _____.

Mat 16:24 Then said Jesus unto his disciples, If any man would come after me, let him deny himself, and take up his cross, and follow me.

Number 4 Pattern your life _____.

1Thes 1:6 "you also became imitators of us and of the Lord having received the word and much tribulation with the joy of the Holy Spirit so that you became an example to all believers in Macedonia and in Achaia for the word of the Lord has sounded forth from you not only in Macedonia and Achaia but also in every place your faith towards God has gone forth so that we have no need to say anything."

Number 5 You need _____.

Luke 22:39-43 And he came out, and went, as his custom was, unto the mount of Olives; and the disciples also followed him. And when he was at the place, he said unto them, pray that ye enter not into temptation. And he was parted from them about a stone's cast; and he kneeled down and prayed, saying, Father, if thou be willing, remove this cup from me: nevertheless, not my will, but thine, be done. And there appeared unto him an angel from heaven, strengthening him.