

**LORD,
Help Me to Grow**

**“Help Me...
Control Myself”**

**A study in
II Peter 1:5-7**



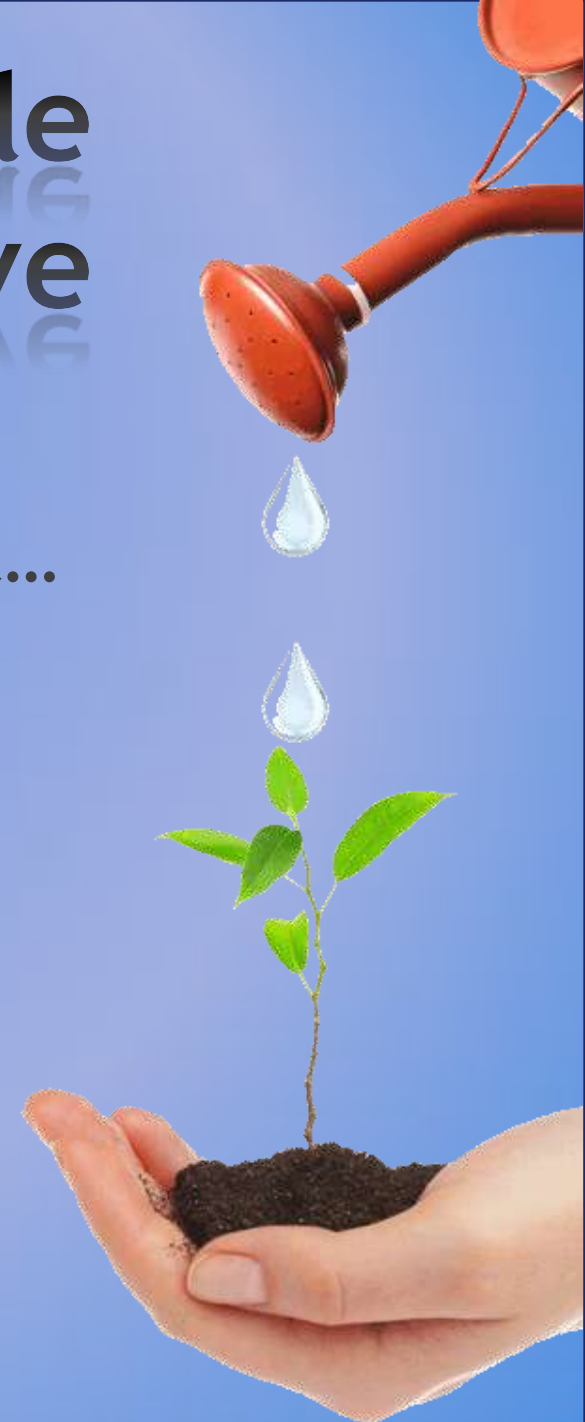
#1. The struggle we have

Romans 7:15-24...

Areas we struggle with self control...

1. mouth
2. money
3. emotions (esp. anger)
4. food
5. sex
6. other personal weak spots

**LORD,
Help Me to Grow**



#2. The lies we are told

1. you CAN'T control yourself
2. you CAN control yourself

Romans 7:24-25a

Galatians 3:3

**LORD,
Help Me to Grow**



#3. The answers God has for us

Galatians 5:16-23

II Timothy 1:7

**LORD,
Help Me to Grow**



#3. The answers God has for us

How can I experience more self-control (with God's help)?

1. be prepared (Daniel 1:8)
2. be walking in God's Spirit (Galatians 5:16)
3. be accountable to someone (Proverbs 27:17)
4. fill your life with good things (Philippians 4:8)
5. become more & more concerned about God & others (I Corinthians 9:19-27)

**LORD,
Help Me to Grow**

