



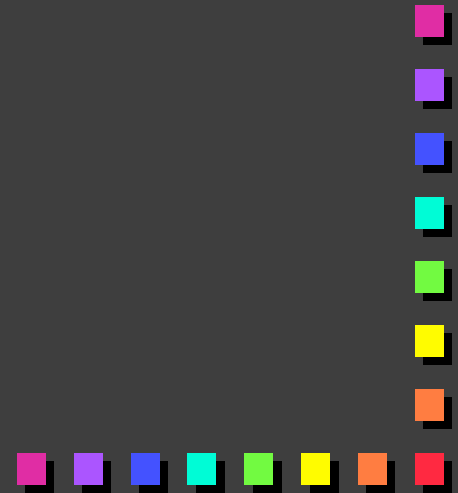
Self Control

By
Robert C. Archer

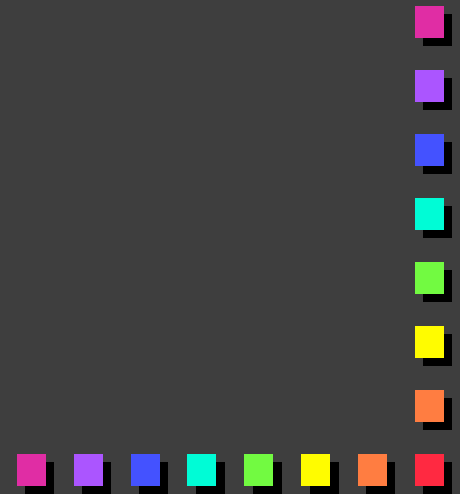


We Must Control Our

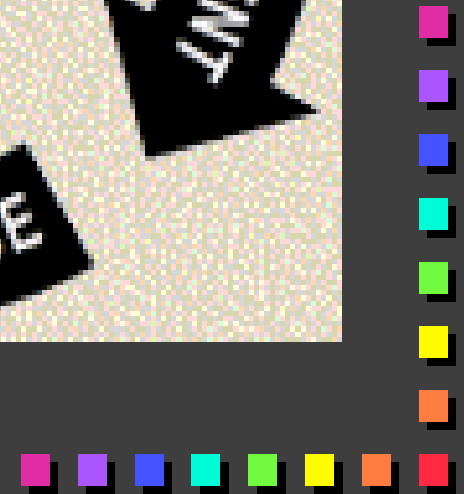
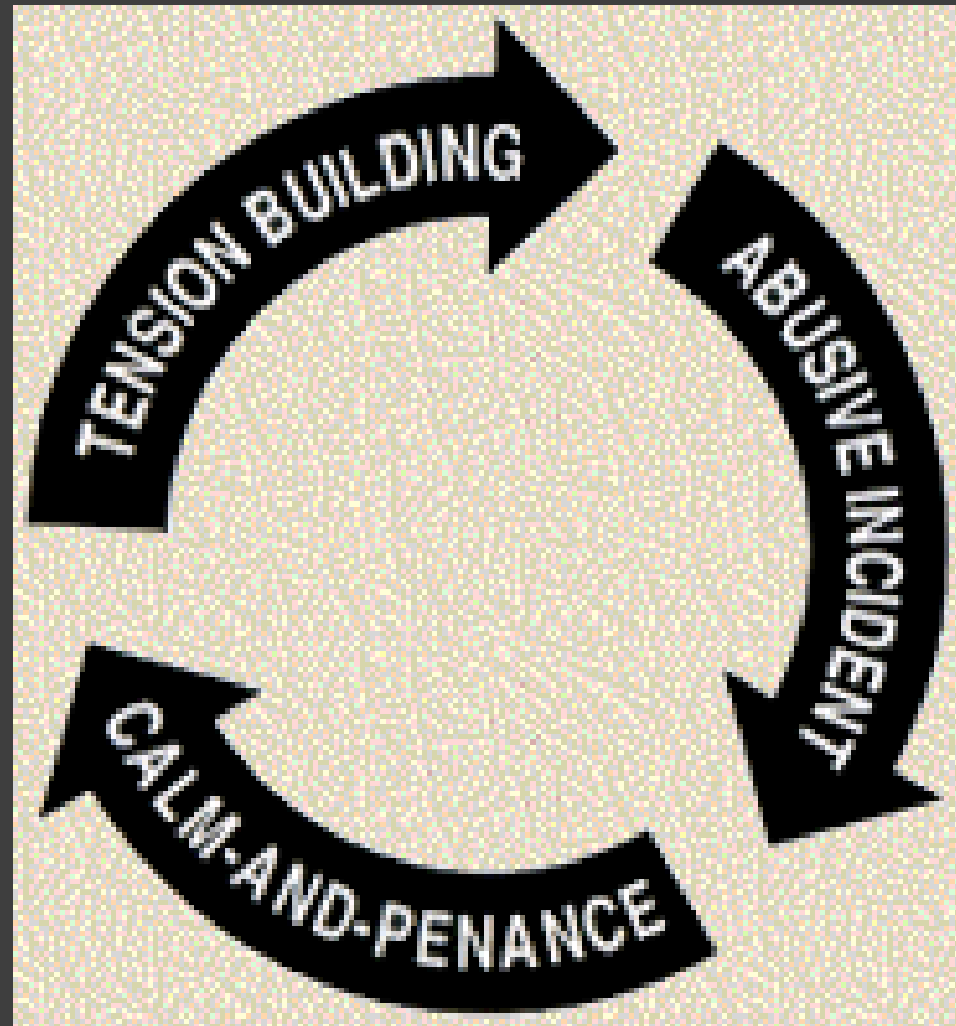
- **Tempers (Prov. 16:32)**
 - Sometimes an excuse of Spousal Abuse



Spousal abuse is an attempt to coerce and control one's spouse through *emotional* and/or *physical* means



1. Abused tries to keep things running smooth
2. Abuse Phase is triggered by some event
3. Abuser is sorry, but soon will repeat the cycle



What To Do?

- **Determine if there are deeper problems**
- **Realize it is sin**
 - **A violation of love (1 Cor. 13:4-7)**
 - **Violates the Golden Rule (Matt. 7:12)**
 - **A work of the flesh (Gal. 5:19-21)**



We Must Control Our

- **Tempers (Prov. 16:32)**
- **Appetites**
 - **Sexual (1 Thess. 4:2-7)**
 - **Food (Prov. 23:19-21)**
 - **Things (1 Tim. 6:7-11; 1 Jno. 2:15-17)**
- **Tongue (Eph. 4:29)**
- **Thoughts (Matt. 15:19-20; Phil. 4:8)**



How To Overcome

- **Self-examination (2 Cor. 13:5)**
- **Watch and pray (Matt. 26:41; 6:13; 2 Pet. 2:9; 1 Cor. 10:13)**
- **Control thoughts (Mt. 15:19-20; Phil. 4:8)**
- **Allow the Spirit to work (Gal. 5:22-23)**
- **Think (Rom. 6:23)**
- **Weight the consequences (Rom. 6:23)**

