

# *Graces Self Control*

Prepared

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## *Control our sexual desires*

- God made us and made us to be sexual beings, but desires must be controlled.
- How?
  - To the single: trust God (1 Cor. 6:18-20)
  - To the married:
    - Heed God's warnings (I Thess. 4:2-5)
    - Develop good relationships (Prov. 5:15-19)
- Both: control the mind (Mt. 5:27-30)

## *Control our food desires*

- Heed God's warnings (Prov. 23:19-21)
- Eat in such a way that it enhances life (1 Cor. 6:19-20)

## *Control our desire for things*

- Remember Eccl. 5:10
- Heed God's warnings (Mt. 6:24)
- Believe God (1 Tim. 6:9-10)
- Seek the good things in life  
(1 Tim. 6:11-12)

# *Control our tongue*

- Heed God's warnings (Jas. 3:1ff)
  - Can't control it, but can cage it
- Use it for good (Col. 4:6)

## *Control our actions*

- Heed God's warnings (Gal. 5:19-21)
- Fill up our lives with good (Mt. 12:44)

## ***CONCLUSION:***

- It all goes back to our minds (Prov. 23:7)