

Developing Self-Control

Sermon Series: Modern Family - Vintage Values

1 Corinthians 9:24-27

Vintage Values:

Vintage Values are predetermined, time tested, values that direct you towards good and protect you from danger.

Self-Control: The 'inner strength' to not act on impulse or to overcome impulses that would not allow you to do what you need to do.

DEVELOPING SELF-CONTROL

5 ways to master your impulses...

① **RESOLVE TO MANAGE THEM.**

(1 Corinthians 9:24, Prov. 29:11)

② **REFLECT BEFORE REACTING.**

(1 Corinthians 9:26, James 1:19-20)

③ **RESTRAIN YOUR ACTIONS.**

(1 Corinthians 9:27a, Prov. 21:23)

④ **REALIZE THE COST.**

(1 Corinthians 9:27b, Prov. 25:28, 29:22)

⑤ **REQUEST GOD'S HELP.**

(Psalm 141:3-5, Galatians 5:22-25)

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