Self-Control

Self-control is a wisdom issue that reveals your true strength:

*He who is slow to anger is better than the mighty,*

*And he who rules his spirit better then he who captures a city.* 16:32

Do you really think that you are strongest when you are most under control?

1. It’s true **economically**  21:17  2. It’s true **physically**  25:16
3. It’s true **socially**  23:1-2  4. It’s true **spiritually**  25:28

*Like a city whose walls are broken down is a man who lacks self-control.*

What does it mean that the **walls of the city are broken down**?

Defenseless- Lost its identity- Lost civility and order-

A. **What is self-control?**

It is the ability to choose the most important thing over the urgent.

Self-control may be **Active**- doing what you shouldn’t do; **Passive**- not doing what you should do

**Why is self-control such a struggle?**

Galatians 5:16f explains how a war is raging inside of us:

“But I say, walk by the Spirit, and you will not carry out the desire of the
flesh. For the flesh sets its desire against the Spirit, and the Spirit against the
flesh; for these are in opposition to one another, so that you may not do the
things that you please.”

B. **How do we grow in this grace?**

*“Like a city whose walls are broken down, is a man who lacks self-control.***

Prov. 25:28:

Wisdom says, think of your heart as a city. Three questions arise from the image:

1. Who is king in the city? Who rules your heart?

2. How does the king rule the city?

3. How does the Spirit keep your heart strong?