

# The Me I Want to Be

Galatians 5:22-23 – Self-control

"It's not the mountain we conquer but ourselves"  
~Edmund Hillary



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Proverbs 25:28 Like a city whose walls are broken through is a person who lacks self-control.

Ecclesiastes 2:10 I denied myself nothing my eyes desired; I refused my heart no pleasure.

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Romans 12:2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

Galatians 5:22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup> gentleness and self-control.

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*enkrates* - self-governance, rule of self, or self-mastery

*sophron* - soundness of mind or sound judgment to exercise control over our desires and appetites

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Titus 2:11 For the grace of God has appeared that offers salvation to all people. <sup>12</sup> It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, <sup>13</sup> while we wait for the blessed hope—the appearing of the glory of our great God and Savior, Jesus Christ, <sup>14</sup> who gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good.

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1 Peter 1:13-15 Therefore, prepare your minds for action; be self-controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed. As obedient children, do not conform to the evil desires you had when you lived in ignorance.

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1Peter 4:7 The end of all things is near. Therefore be clear minded and self-controlled so that you can pray.

1 Peter 5:8 “Be self-controlled and alert. Your enemy, the devil, prowls around like a roaring lion looking for someone to devour.”

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*“Self-control is a trained capacity to think clearly about what God has done for us and the wisdom to act in light of that. Self-control is the exercise of inner strength under the direction of sound judgment that enables us to then do what is honoring to God.”*