

WOMEN'S BIBLE STUDY
NOVEMBER 15, 2022 | VICKIE YOUNG

Among
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Friends

Who or what is _____ your _____?

When we put XYZ _____ God, then we aren't _____ in our
_____ TO HIM!

Proverbs 25:28

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

2 Timothy 1:7

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

Galatians 5:22-23

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

Titus 2:11-12

For the grace of God has appeared that offers salvation to all people. It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age.

Ephesians 4:22-24

In reference to your former way of life, you are to rid yourselves of the old self, which is being corrupted in accordance with the lusts of deceit, 23 and that you are to be renewed in the spirit of your minds, 24 and to put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth.

Christ is _____ when we _____ self-control.

Step 1. Renew your mind through God's Word.

Step 2. Pray for the Holy Spirit's help.

Step 3. Confess your habits to God and others.

Step 4. Identify and remove your triggers.

Step 5: Develop a plan.

Step 6. Remember the gospel when you fail.

2 Peter 1:5-9

For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. But whoever does not have them is nearsighted and blind, forgetting that they have been cleansed from their past sins.

We challenge you this week to think about what is controlling you.

What will you do to get self control back in this area?

Will you call a friend who will hold you accountable?

Will you set a limit on your credit card or your social media account?

Will you put an hour into studying God's word before you spend an hour exercising?