

A Bridge To Freedom

self-control

the ability to control oneself, in particular one's emotions and desires or the expression of them in one's behavior, esp. in difficult situations.

1 EXAMINE YOUR LIFE.

PSALM 139:23-24; LAM. 3:40; JOB 34:32

2 ADMIT YOU NEED HELP.

PSALM 32:5; PROVERBS 18:13; JOHN 14:4+5

3 COMMIT YOURSELF TO MAKING CHANGES.

MATT. 16:24; JOB 31:1

4 FIND ACCOUNTABILITY.

1 PETER 5:8; ACTS 14:1 X "WE"

5 GIVE THANKS.

PSALM 34:1; 105:2; 126:3

Notes

