

# **GOD'S EXTREME MAKEOVER- SELF-CONTROL**

*Looking Good From the Inside-Out – Part 4*

*September 7, 2008*

**Galatians 5:22-23**

## **1. THE PICTURE OF SELF-CONTROL**

### ■ **Self-control defends against temptation and destruction.**

*“A person without self-control is as defenseless as a city with broken-down walls.” Proverbs 25:28 (NLT)*

### ■ **Self-control leads to Godliness and love.**

*“...your faith will produce a life of moral excellence. A life of moral excellence leads to knowing God better. Knowing God leads to self-control. Self-control leads to patient endurance, and patient endurance leads to godliness. Godliness leads to love for other Christians, and finally you will grow to have genuine love for everyone.” II Peter 1:5-7 (NLT)*

## **2. THE PROBLEM OF SELF-CONTROL**

*“For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want.” Galatians 5:17 (NIV)*

## **3. THE PLAN FOR SELF-CONTROL.**

### ■ **GO BELOW THE SURFACE**

*“Sin is no longer your master, for you are no longer subject to the law, which enslaves you to sin. Instead, you are free by God’s grace.” Romans 6:14 (NLT)*

*“I pray that from His glorious, unlimited resources He will*

give you mighty inner strength through His Holy Spirit...May your roots go down deep into the soil of God's marvelous love. And may you have the power to understand... how wide, how long, how high, and how deep His love really is. May you experience the love of Christ...then you will be filled with the fullness of life and power that comes from God."  
Ephesians 3:16-19 (NLT)

■ **GATHER FRIENDS TO HELP.**

"Fools think they need no advice, but the wise listen to others." Proverbs 12:15 (NLT)

■ **GIVE IT ALL UP TO GOD.**

"But when the Holy Spirit controls our lives..."  
Galatians 5:22 (NLT)

"For when I tried to keep the law, I realized I could never earn God's approval. So I died to the law so that I might live for God. I have been crucified with Christ. I myself no longer live, but Christ lives in me. So I live my life in this earthly body by trusting in the Son of God, who loved me and gave Himself for me." Galatians 2:19-20 (NLT)