

SELF-CONTROL WORKSHEET

WHO	AREA(S) OF S-C OR LACK OF	RESULT(S)
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1. Gen 3:6

2. Gen 4:3-8

3. Dan 6:3-7, 10

1. Mark 8:31-33 **Peter**

2. Mark 14:26-31

1. Luke 4:1-2 **Jesus**
w/“and the tempter came”
(Matt 4:3a)

2. John 4:34; 6:38; 17:4

3. Mk 6:45-46; Lk 22:39-46

4. I Peter 2:21-24

DEFINITION: the mastery of/control of one's desires and passions; self-restraint; temperance; the ability to reign in/curb any unwise, harmful or evil inclination; “No” is a key word (see Rom 8; Gal 5:16-25; Titus 2:11-14)

Questions to reflect on:

- Does this area impede an open life with my husband?
- Does it hinder my ability to discipline & train my children to love & obey me, thereby to wholeheartedly love and obey the Lord?
- Does this area intrude on the priority Christ's body (church) is to have in my life/my family's life?
- Is this lack of self-control hurting my relationship with another?
- Is there a connection between this struggle and other “fruits” with which I have trouble?

Gal 5:16, 24

But I say, walk by the Spirit, and you will not gratify the desires of the flesh. And those who belong to Christ Jesus have crucified the flesh with its passions and desires.

1. Ask for forgiveness from your heavenly Father (1 John 1:7-9; 2:1-2)
2. Choose to walk in line with the Spirit (Gal 5:16, 24)