

Ideas for Daily of Self-Discipline

- Go to bed at a set time.
- Get up early.
- Daily prayer.
- Daily Scripture reading like through the Bible in a year.
- Do some form of exercise daily.
- Limit your food portions.
- Fast one meal per week.
- Set limits on internet or social media use (or get rid of them altogether if you find yourself wasting hours).
- Put your phone in a media basket and spend time talking face to face with people.
- Commit to a day of listening more than you talk.
- Meet weekly with a “running partner” (accountability partner)
- Go to worship service even when you don’t feel like it.
- Visit a shut-in weekly.
- Before bed, write down three things you’re thankful for from the day.
- Read your thanksgiving list first thing in the morning. Pray and thank God for them.



THE UNSHAKABLE LIFE

Fighting for Faithfulness

Self-Control

Review:

...they can make us their _____.

- The most important question is, “Do you *want* to grow godly character?”
- God has given you “everything you need to a good life and godly character.” (2 Peter 1:3)
- Our job is to create the right environment for God to work.
- Humility is the foundation of all other virtues.
- Gratitude, self-awareness are being a servant are the keys to developing humility.

We are continually making trade-offs between instant gratification and developing _____.

Many problems in our lives stem from our failure to exercise _____.

Self-Control = mastery over our _____ and _____.

Barriers to developing self-control:

1. We view ourselves as _____.
2. We get little help from popular _____.

God created _____, passions, and _____ and they can be good.

...but there is an inherent danger...

Two definitions of freedom:

1. “Freedom _____” rules and constraints
2. “Freedom _____” do what’s valuable and important.

“The Spirit God gave us does not make us timid, but gives us power, love and self-discipline.” (2 Timothy 1:7)

How to fan the flames of self-control:

1. Remember you have a _____ of will-power.
 - Don’t put yourself in situations where you need to exercise more will-power beyond your _____. (Prov 7:6-27)
 - Practice _____ to increase your self-control. (2 Tim 2:16, James 5:5)
 - Pay attention to your _____ health.
 - _____ some from others.
2. Treat your emotions as _____, rather than _____ lights. (James 4:1-3)

3. Focus on the _____, not the _____.
(Hebrews 12:1-3)

4. Don't let shame _____ failure.

5. Enjoy and be grateful for _____ pleasures. (1 Timothy 6:17)