

Telling the truth about helplessness

THE PERFECT GUIDE TO BEING MISERABLE

Galatians 5:22-25 *But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. 24 Those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit.*

Proverbs 25:28 *Like a city whose walls are broken through is a person who lacks self-control.*

Self-control is the ability to _____ oneself. It's committing to certain behaviors and saying no to other behaviors.

Self-control means we follow-through whether we _____ like it or not.

Misbeliefs of Self-Control:

- If you _____ something, you should have it.
- It's _____ and unjust if you have to wait to get something you want, especially if you want it very badly.
- To be uncomfortable, frustrated, or _____ is terrible, it's intolerable.
- You _____ control your strong desires. They are "needs" and you can't stand it when they are not satisfied.
- You can't stand it if others don't _____ you as your (doting) parents did.
- You can't stand it if circumstances aren't the way _____ them to be.
- You can't stand exerting yourself or having to make an _____.
- You can't stand _____ of any kind. That would be terrible.
- You can't _____ because it's too hard and you're too weak, even if the thing you need to quit is bad for you, you just can't.
- You're entitled to inflict your _____ upon others.

Behavior is _____.

Anything you tell yourself enough you begin to believe and you _____ according to what you believe.

The truth is: You _____.

God has given you _____ you need to do what you need to do.

2 Peter 1:3-11 By his divine power, God has given us everything we need for living a godly life. We have received all of this by coming to know him, the one who called us to himself by means of his marvelous glory and excellence. 4 And because of his glory and excellence, he has given us great and precious promises. These are the promises that enable you to share his divine nature and escape the world's corruption caused by human desires. 5 In view of all this, (you) make every effort to respond to God's promises. (You) Supplement your faith with a generous provision of moral excellence, and moral excellence with knowledge, 6 and knowledge with self-control, and self-control with patient endurance, and patient endurance with godliness, 7 and godliness with brotherly affection, and brotherly affection with love for everyone. 8 The more you grow like this, the more productive and useful you will be in your knowledge of our Lord Jesus Christ.

Isaiah 41:10 Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.

James 1:12-14 God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those who love him. 13 And remember, when you are being tempted, do not say, "God is tempting me." God is never tempted to do wrong, and he never tempts anyone else. 14 Temptation comes from our own desires, which entice us and drag us away.

1 Corinthians 15:58 Therefore, my dear brothers and sisters, stand firm. Let nothing move you.

Ephesians 3:16 I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit.

Philippians 4:13 For I can do everything through Christ, who gives me strength.

Tell yourself the difference between a _____ and a want.

A need is something you can not _____ without.

_____ you make your choices.

_____ yourself that you are responsible for what you are doing.

_____ to accept the consequences of your behavior even if unpleasant.

Learn to _____ yourself.

Disconnect the _____.

You _____ a self-controlled person.

Galatians 6:9 So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.

1 John 4:4 But you belong to God, my dear children. You have already won a victory....because the Spirit who lives in you is greater than the spirit who lives in the world.