**Peeled – Week 9**

***Self-Control***

1. The struggle that we all have:

*I do not understand what I do. For what I want to do I do not do, but what I hate I do…For what I do is not the good I want to do; no, the evil I do not want to do--this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it…  What a wretched man I am! Who will rescue me from this body of death?  Thanks be to God--through Jesus Christ our Lord! So then, I myself in my mind am a slave to God's law, but in the sinful nature a slave to the law of sin. Romans 7:15, 19-20 & 24-25*

1. Choosing self-control is:

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

* Choosing purpose over popularity.

*By faith Moses, when he had grown up, refused to be known as the son of Pharaoh's daughter. He chose to be mistreated along with the people of God rather than to enjoy the pleasures of sin for a short time. He regarded disgrace for the sake of Christ as of greater value than the treasures of Egypt, because he was looking ahead to his reward.   
Hebrews 11:24-26*

* Choosing discipline over regret.

*Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. 1 Corinthians 9:24-25*

* Choosing important over urgent.

*As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" "Martha, Martha," the Lord answered, "you are worried and upset about many things, but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her." Luke 10:38-42*

* Choosing surrender over control.

*Trust in the LORD with all your heart and lean not on your own understanding;   
 in all your ways acknowledge him, and he will make your paths straight. Proverbs 3:5-6*

1. What is my life producing?

*I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing. John 15:5*