

**Inner Beauty**  
**Choosing Self Control 5 of 5**  
**Pastor Ed Turley**  
**December 13, 2009**

“But when the Holy Spirit controls our lives, He will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and **self-control.**”  
**Galatians 5:22-23 (NLT)**

Self control =“holding oneself in”... “inner strength”

- **What is causing the emptiness I feel inside?**  
[ ] broken relationship [ ] failure [ ] bitterness [ ] \_\_\_\_\_
- **What do I use to fill the emptiness instead of Christ?**  
[ ] food [ ] alcohol [ ] drugs [ ] working [ ] pornography  
[ ] gambling [ ] shopping [ ] \_\_\_\_\_

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

**1. Am I in Control or Is Something \_\_\_\_\_ Me?**

“Don't you realize that whatever you **choose** to obey becomes your master? You can **choose** sin, which leads to death, or you can **choose** to obey God and receive his approval.” **Romans 6:16 (NLT)**

“But if serving the LORD seems undesirable to you, then **choose** for yourselves this day whom you will serve, whether the gods your forefathers served beyond the River, or the gods of the Amorites, in whose land you are living. But **as for me** and my household, we will serve the LORD.”  
**Joshua 25:15 (NIV)**

“Someone will say, ‘I am allowed to do anything.’ Yes; but not everything is good for you. I could say that I am allowed to do anything, but I am not going to let anything **make me its slave.**” **1 Corinthians 6:12 (TEV)**

**2. I Have to \_\_\_\_\_ Change**

“When someone becomes a Christian, he becomes a brand new person inside. He is not the same anymore. A **new life** has begun!” **2 Corinthians 5:17 (TLB)**

“Thank God! Once you were slaves of sin, but **now** you have **obeyed with all your heart** the new teaching God has given you. Now you are free from sin, your old master, and you have become **slaves to your new master**, righteousness.”  
**Romans 6:17-18 (NLT)**

- **Am I being less than wholehearted to God?**

**3. I Must Plug Into \_\_\_\_\_ Power**

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

“As we know Jesus better, **His divine power** gives us everything we need for living a godly life....And by that same mighty power...He has promised that you will escape the decadence all around you caused by evil desires.”  
**2 Peter 1:3-4 (NLT)**

“In the **past** you were full of darkness, but **now** you are full of light in the Lord. So live like children **who belong** to the light. Light brings every kind of goodness, right living, and truth. Try to learn what pleases the Lord. Have nothing to do with the things done in darkness...”  
**Ephesians 5:8-11a (NCV)**

*To develop self control, I must realize that I can't do it on my own power. I must believe that God can, and I must be willing to let Him! Here is a prayer for each day this week:*  
*“What do I have to do to plug into God's power today?”*

“I pray that from His glorious, unlimited resources He will give you mighty **inner strength** through His Holy Spirit.”  
**Ephesians 3:16 (NLT)**

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