

## **All quotes are from Somer Phoebus unless otherwise noted.**

Maybe we learned it in a song, instead of scripture like we need to.

For our good and His glory.

Salvation - Jesus died on the cross, when we believe it and confess it, that's salvation — it's also our way to Jesus for eternity

Everything we believe and everything we teach from is from Scripture.

Galatians 5

He died for everything that we have done, and will do.

Galatians 5 - Paul is angry.

vs 13 - love God and love your neighbor as yourself

walk by the Spirit

vs 24 - live by the Spirit, keep in step with the Spirit

Self control is not something that you're going to strive for, it's something that you're going to die for. Die to yourself.

The battle inside you is spirit vs. flesh.

If we belong to Jesus, we can kill the flesh.

The spirit has control over us.

Love God and love others through our faith in Jesus and not works motivated by law.

Motivated and inspired by the spirit to do good.

love, joy, peace, patience, kindness, goodness, gentleness, faithfulness and self control

**Control vs. self control**

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Control affects people and circumstances - for my sake

Self control affects your emotions, desires and impulses - for the sake of others

When we are self controlled women, it is for the good of others and for God's glory.

Control is not leadership.

Matthew 6:9

**Class Archive: Teach us How to Pray.**

"Your Kingdom come, you will be done."

When we struggle with control, hang out there. (vs 10)

We need to see that as a direct commandment when we pray, we put our wants aside and ask for His.

Proverbs 25:28

When we lack self control, we lack boundaries and guidelines that the Lord has for us.

We allow pain and destruction into our lives when we lack self control.

Protect who we are on the inside as a child of God.

Allow the Holy Spirit to do the work He wants to do.

**Self control vs legalism vs personal conviction**

Self control is not something you strive for, it's something you die for.

It's not something you're racing towards.

Most of scripture should take the pressure off your shoulders.

**Legalism:**

We aren't able to walk in the freedom of Christ because we're stuck in the handcuffs of the enemy.

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Not living in freedom is not understanding who God is and who we are.

We default to legalism when we do not understand.

Instead of being self controlled, it's so much easier to have rules for ourselves.

He will guide and direct you.

How do you trust the Holy Spirit in your life? You practice it!

It's about moving in the direction of the Holy Spirit and it's practicing acting it.

Obedience fast tracks His faithfulness.

We have to get away from legalism.

When there are rules to follow, we don't have to be self controlled.

**Personal conviction:**

"Your sin is your sin, but it might be ok for me."

All about feelings.

There is absolute truth to personal conviction.

A lot of us use personal conviction to get out of self control.

Sin is sin, sister.

Our personal conviction always submits to a brother or sister in Christ.

Don't have the glass of alcohol at dinner if someone you're with has a personal conviction about it.

There is a spiritual laziness from doing the work to have self control.

In order to have self control in certain areas, we have to ask the Lord to show us.

Oswald Chambers - Don't pray for discipline, be disciplined.

You can BE self controlled because it's in us.

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We have to keep our flesh quiet so He can do His job.

Post modernism - the truth is inside us (our flesh)

We are seeing things that we think do not need to be controlled because they feel good.

Just because we think we don't need control doesn't mean we don't need control.

We are telling our kids "you be you", but we are not telling them "you be like Jesus."

Your value is not because you are a human being. Your value is because Jesus died for you.

1 Corinthians 9:8

Paul becomes everything he needs to be for the sake of the gospel.

To live a life of self control.

#1: Surrender to Jesus.

Allow God to break your sin.

#2: Walk in the Spirit (Galatians 5:16)

What are you hungry for?

Are you truly hungry for the gospel?

Be honest - do you hunger for those things more than you hunger for God?

Are you willing to let Him control the areas of your life that need to be controlled?

God first - The only way to live as a child of God in the way He has asked us to live.

It's not a suggestion.

Kill my flesh.

What will He do with that extra time?