

# Who Is In Control?

Galatians 5:23

# Self-Control Contrasted

## Contrast of the Spirit verses the Flesh

Proverbs 25:28

Whoever *has* no rule over his own  
spirit

*Is like* a city broken down,  
without walls.

# Self-Control and the Holy Spirit

We need self-control physically.

We need self-control emotionally.

Proverbs 16:32

*He who is slow to anger is better than the mighty,*

And he who rules his spirit than he who takes a city

# Self-Control and the Holy Spirit

2 Peter 1:5-6

But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, 6 to knowledge self-control, to self-control perseverance, to perseverance godliness,

# Self-Control and the Holy Spirit

The Holy Spirit can control  
our speech.

The Holy Spirit can help us  
get our thought life under  
control.

# Self-Control and the Holy Spirit

2 Corinthians 10:5

casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,

# Self-Control and the Holy Spirit

The Holy Spirit can help us control sexual desires.

1 Corinthians 7:9

but if they cannot exercise self-control, let them marry. For it is better to marry than to burn *with passion*.

# Self-Control of Apostle Paul