



MESSAGE NOTES

Spirit of Self Control

2 Timothy 1:7

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1. Controlling your mind

2 Timothy 1:7 For God gave us a spirit not of fear but of power and love and self-control.

Every behavior has its origins in a thought. This means that self-control starts with controlling what we think about. A lot of what we think isn't true but by focusing on the truth contained in God's word we can have a sound mind.

2. Controlling your emotions

Philippians 4:6-7 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Prayer and thanksgiving are how we turn our emotions towards God. Emotions that are out of control harm ourselves and other people. God's spirit of self-control helps us to control our emotions so that they don't control us.

3. Controlling your actions

1 Corinthians 9:25 Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable.

Once your mind and emotions are under control, you can more effectively start to control your behavior. Like a top-level athlete, we can control every area of our lives to glorify God. Many athletes do this just to win a temporary prize, but we do it for an eternal reward in heaven.