

Temperance, Self Control, Self Discipline

Like a city whose walls are broken through
is a person who lacks self-control. [Proverbs 25:28](#)

Better a patient person than a warrior,
one with self-control than one who takes a city. [Proverbs 16:32](#)

CONTROL WHAT?

- Mood/Emotions/Anger
- Tongue
- Schedule/Time
- Study/Work
- Sleeping/Laziness
- Money
- Health
- Distractions / Video Game
- Substance - Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit. Ephesians 5:18
- Desire - I made a covenant with my eyes not to look lustfully at a young woman. [Job 31:1](#)

[2 Timothy 1:7](#)

For God gave us a spirit not of fear but of power and love and self-control.