

OVERCOMER

“Do you not know that in a race all the runners run but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last. But we do it to get a crown that will last forever. Therefore I don’t run like a man running aimlessly and I don’t fight like a man beating the air. No, I beat my body and I make it my slave so that after I have preached to others I myself will not be disqualified for the prize.” – 1 Corinthians 9:24-27

“Every athlete exercises self-control. They do it to win an award, a wreath, a perishable award, but we exercise self-control to win an eternal reward.” – 1 Corinthians 9:25 (RSV)

To be successful...

1. _____.

“A man without self-control is as defenseless as a city with broken down walls.” – Proverbs 25:28 (LB)

Without discipline you are at the mercy of your moods.

2. _____.

“He who guards his lips guards his life, but he who speaks rashly will come to ruin.” – Proverbs 13:3

“Keep your mouth shut and you’ll stay out of trouble!” – Proverbs 21:23 (LB)

“If I don’t know how to tame my tongue, my religion is worthless.” – James 1:26

3. _____.

“If you are sensible, you will control your temper. When someone wrongs you, it’s a great virtue to ignore it.” – Proverbs 19:11 (Good News)

“I will never allow another man to control my life by making me hate him.” – George Washington Carver

“Keep your head in all situations.” – 2 Timothy 4:5

“It’s better to be patient than it is to be powerful.” – Proverbs 16:32

4. _____.

"Live life with a due sense of responsibility. Make the best use of your time." – Ephesians 5:15-16 (Phillips)

Three Facts of Life...

- **Success in anything takes time.**
- **You don't have time for everything, so you've got to select.**
- **If you don't decide how you're going to spend your time, other people will decide for you.**

5. _____.

6. _____.

"Each of you should learn to control his own body, keeping it pure and treating it with respect." – 1 Thessalonians 4:4

"If you have a big appetite, restrain yourself." – Proverbs 23:2 (Good News)

To develop self-control, I must...

1. _____.

"I do not understand what I do: for I don't do what I would like to, but instead I do what I hate! For even though the desire to do good is in me, I am not able to do it." – Romans 7:15 & 18 (GNT)

Two things that don't work...

- _____.
- _____.

2. _____.

"For it is God who works in you to will and do what pleases him." – Philippians 2:13

3. _____.

"So do not fear, for I am with you; do not be dismayed for I am your God. I will strengthen and help you." – Isaiah 41:10

“God has not given us the spirit of fear, but the spirit of power and of love and of self-discipline.”
– 2 Timothy 1:7

“I can do all things through Christ who strengthens me.” – Philippians 4:13

“You will know the truth and the truth will set you free.” – John 8:32

4. _____.

“A wise man thinks ahead; a fool doesn’t.” – Proverbs 13:16

“So take up God’s armor NOW! Then when the day comes you will be able to resist the enemy’s attacks.” – Ephesians 6:13 (Good News)

5. _____.

“Two are better than one because if one falls down, the other can help him up. Two can resist an attack that would defeat one man alone.” – Ecclesiastes 4:9-10, 12 (Good News)

“God has not given us the spirit of fear, but the spirit of power and of love and of self-discipline.”
– 2 Timothy 1:7

6. _____.

“By faith, Moses when he had grown up refused to be known as the son of Pharaoh’s daughter. He chose to be mistreated along with the people of God rather than enjoy the pleasures of sin for a short time. He regarded disgrace for the sake of Christ as of greater value than the treasure of Egypt, because he was looking ahead to his reward.” – Genesis 11:24-26

Self-control is delayed gratification.

“You must be self-controlled in order to pray.” – 1 Peter 4:7

Reflect: How will you apply this teaching? What really stood out to you in this message?
