

Super Powers Self-Control and Faithfulness

Kryptonite for Self Control:

- Self-**Indulgence** (When I am all about what I want when I want it)
- Self-**Deceit** (When I lie to myself or listen to the lies of the enemy)
- Self-**Neglect** (When I am exhausted and empty)
- Self-**Centeredness** (When I believe I am the center of the universe)

Flexing Our Spiritual Muscles... Using and Increasing Super Powers:

- Do an **honest** self-control **inventory** (admit where you struggle)
- **Memorize** and **meditate** on appropriate **Scriptures**.
- Surrender to **spiritual accountability**.
- Learn to **run away**, and run fast and hard!

Key Passages: Titus 1; 1 Corinthians 9.