
SERMON OUTLINE

Self-Control Selected Proverbs

- I. The Formation of Self-control
 - A. Only God can help us gain self-control (Proverbs 3:5-6; Galatians 5:22-23).
 - B. We must accept responsibility to become self-controlled (Proverbs 21:29).
- II. Controlling our emotional reactions
 - A. Be Patient and Restrained (14:29; 12:16; 20:3; 21:23; 17:27; 19:19)
 - B. Be Gentle and Strong (15:1-2; 16:32)
 - C. Overlook and Forgive (17:14; 19:11; Ephesians 4:30-5:1)
 - D. Avoid close friendships with angry people (22:24-25)
- III. Controlling our addictions
 - A. Alcohol
 - Warnings (4:17; 20:1; 23:21)
 - Avoid people who draw you into drinking (23:20-21).
 - Avoid emotional dependence on substances (23:29-35).
 - B. Food (23:1-3, 21)
 - C. Greed (23:4; 14:30)
 - D. Anything that controls us.