



# MESSAGE NOTES

04.20.10

## What is Self-Control?

To be able to RESIST TEMPTATION & OBEY GOD!

**I Peter 5:8-9 & 1:13-15**

**I Peter 1:16 & 2 Peter 1:8-9**

Why do we struggle w/ Self-Control?

- We get CAUGHT OFF GUARD!

What do we need to become Self-Controlled?

- To be VIGILANT to GOD'S SPIRIT inside us!

**I Peter 1:13 & 5:8-9**

Why is vigilance to the Spirit so Important? Zechariah 4:6

- He REVEALS What is REALLY GOING ON & the WAY OUT!

**Galatians 5:16 & I Corinthians 10:13**

How do we become Vigilant?

- Growth is CULTIVATED...like gardening!
  - SPEND TIME W/ GOD...to be Renewed & Filled!
  - PAY ATTENTION to God's Spirit THROUGHOUT the DAY!