

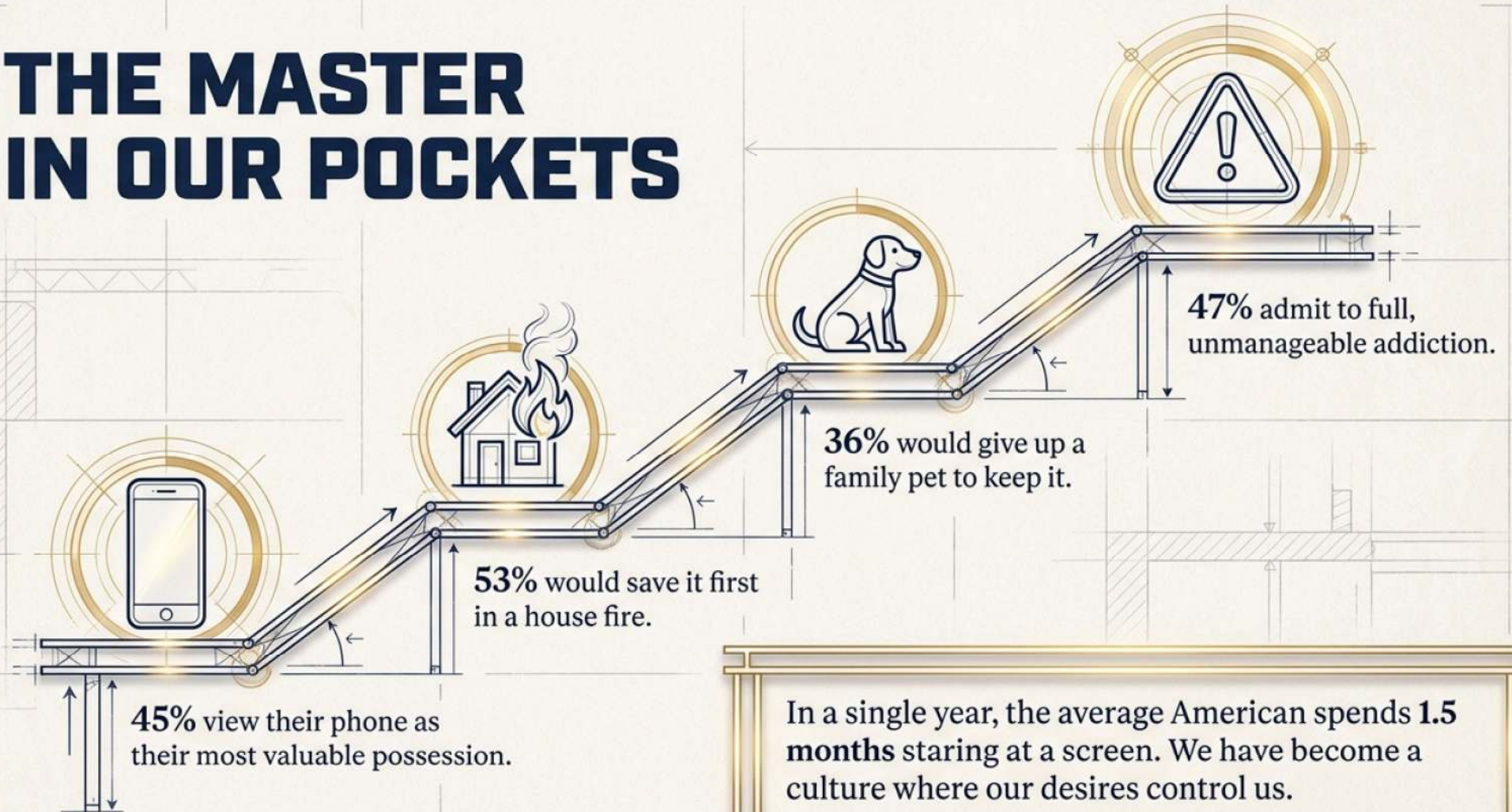


THE ARCHITECTURE OF SELF-CONTROL

GETTING A GRIP ON YOUR HEART AND HABITS.

Moving away from external restrictions and stepping into internal, Spirit-driven power.

THE MASTER IN OUR POCKETS



THE INNER TUG-OF-WAR

THE PULL OF CHAOS

THE PULL OF WISDOM



The **sinful nature** weaponizes natural, God-given desires (like the need for food or intimacy), stretching them into harmful obsessions.

The Holy Spirit guides and strengthens, bringing order and freedom to our intentions (Galatians 5:17).

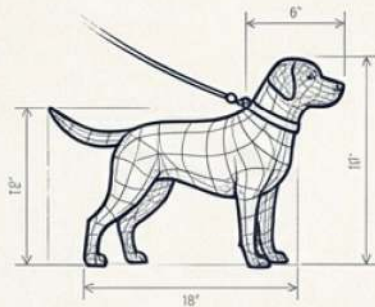
DEFINING THE FRAMEWORK

ENKRATEIA

Literally translated as “to get a grip on yourself.”

The root of the word does not mean restriction. It means power.
To exercise self-control is to gain active, deliberate power over
one's life rather than allowing impulses to run wild.

THE FAILURE OF THE PADLOCK



SHIFTING THE PARADIGM: FROM LEASH TO POWER

THE PADLOCK (EXTERNAL RESTRAINT)

Starts on the calendar or the to-do list.

Changing outward actions.

Forced restriction and white-knuckling.

Resentment, obsession, and
eventual failure.

THE POWER (INTERNAL SELF-CONTROL)

Starts in the deep recesses of the heart.

Changing the hidden thoughts and
motives that drive the actions.

Spiritual empowerment and internal grip.

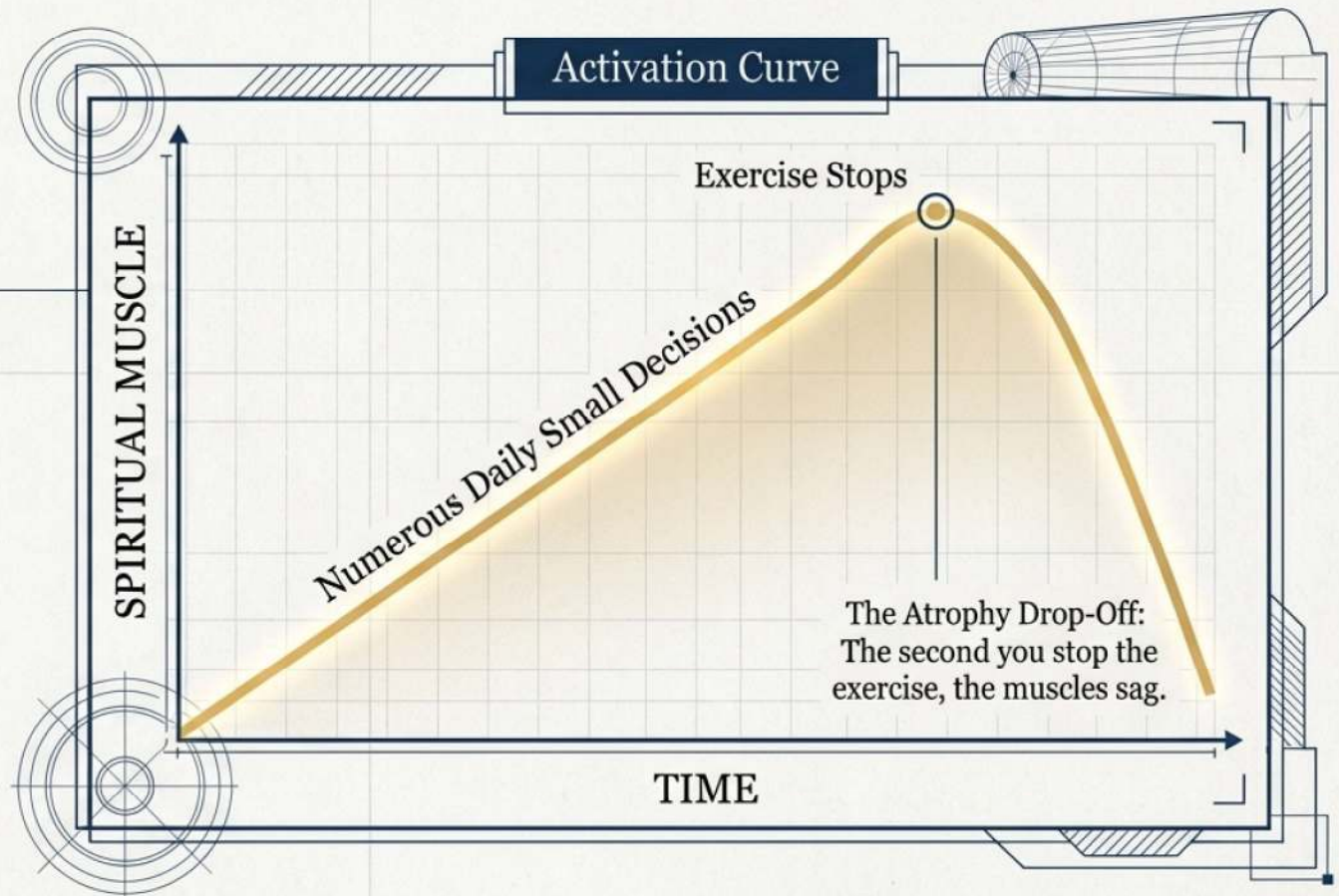
True freedom and sovereignty
over choices.

THE ATHLETIC METAPHOR

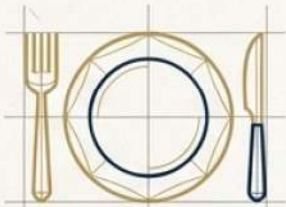
Strict Training: Athletes discipline their bodies for a fading prize. Christians train for an eternal one (1 Corinthians 9).

Key Insight Box

Self-control is not a one-time act. It is a slow, ongoing process of strict, purposeful training.



THREE BATTLEGROUND OF THE BODY



EATING (APPETITES)

- **God's Design:** Created a wide variety of food for our joy and health.
- **The Consequence:** Lack of care leads to 1 million heart disease deaths yearly and 15 million fighting alcoholism.
- **The Goal: Moderation.** Honoring the Creator with our health.



PHYSICAL PASSIONS

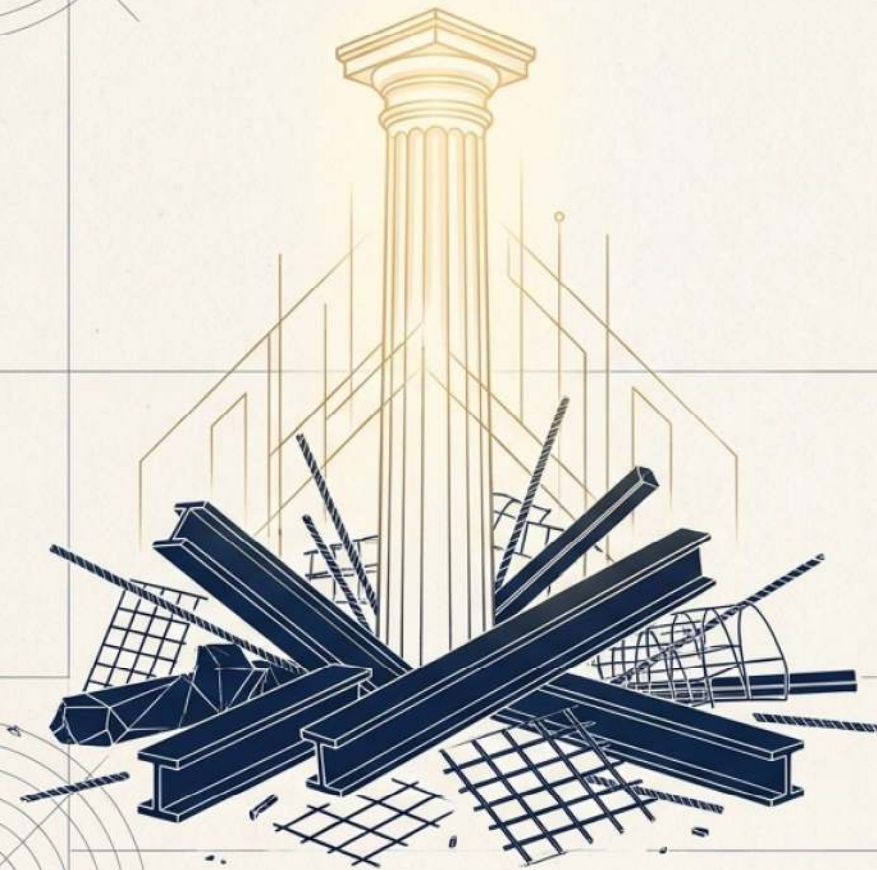
- **God's Design:** Designed exclusively for the honor of marriage (Gen 1).
- **The Consequence:** Unrestrained culture spreads 40+ diseases and creates lifelong heartbreak.
- **The Goal: Purity.** Protecting spouses and preserving the home for children.



SPEECH (THE TONGUE)

- **God's Design:** Words meant for grace and wisdom.
- **The Consequence:** The tongue is a restless evil. Gossip and slander destroy homes and workplaces.
- **The Goal: Restraint.** He who restrains his lips is wise (Proverbs 10:19).

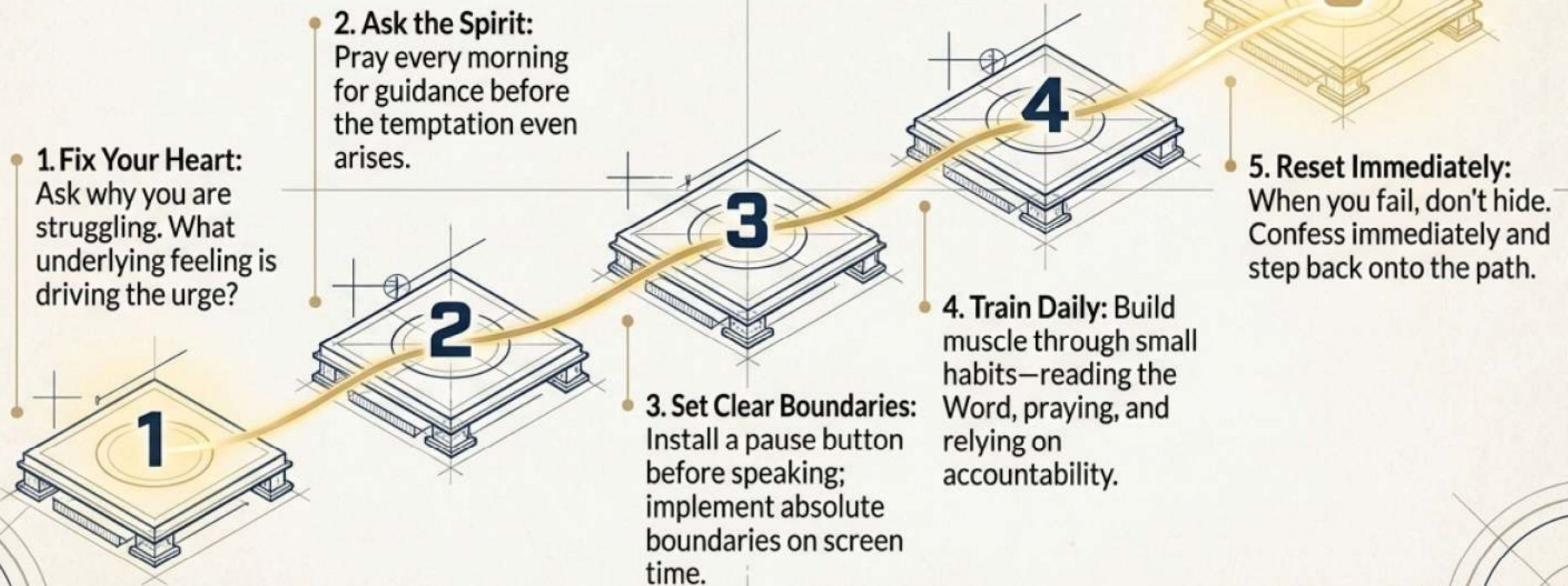
THE BLUEPRINT FOR FREEDOM



“We cannot do this through our own efforts. We need the help of God’s Holy Spirit.”

When the Holy Spirit has a controlling interest in our lives, we finally exercise true power over our impulses. The Spirit turns our desires into our servants, not our bosses.

THE 5-PART TRAINING PROTOCOL



THE FALL AND THE ESCAPE



Based on 1 Corinthians 10:13:
God will not let you be tempted
beyond what you can handle.
He always provides a way of
escape so you can endure.

God is not waiting with a baseball bat for you to mess up. He is your greatest cheerleader. When you find yourself face down in the mud, He says, "Let's get this cleaned up and set you on your way again."

The Ultimate Purpose of Power

**Self-control isn't just about self-improvement;
it is about outward impact.**

**So many in our world are looking for release from the
bondages that have enslaved them. When we let the Holy Spirit
run our lives, we gain the freedom to show a hurting world
the pathway to true life in Jesus Christ.**