



NO STEW FOR YOU | WEEK 1  
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You have to \_\_\_\_\_ yourself.

*"[Self-control is] the ability to do what you should do even if part of you doesn't want to."* Kelly McGonigal

Self-control is also the ability to not do what you shouldn't do even if part of you wants to do it.

*"The first and greatest victory is to conquer yourself."* – Plato

A lack of self-control makes you \_\_\_\_\_ to all kinds of \_\_\_\_\_.

A person without **self-control** is like a city with **broken-down** walls. *Proverbs 25:28*

*Genesis 25:29-33*

What is our problem?

I don't really understand myself, for I **want** to do what is right, but I **don't do it**. Instead, I do what I hate. *Romans 7:15*

I **want** to do what is **good**, but I don't. I **don't want** to do what is wrong, but I **do it anyway**. *Romans 7:19*

*"You may freely eat the fruit of every tree in the garden—except the tree of the knowledge of good and evil. If you eat its fruit, you are sure to die."* *Genesis 2:16-17*

Self-control requires \_\_\_\_\_.

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and **self-control**. *Galatians 5:22-23*

So I say, let the Holy Spirit **guide your lives**. Then you **won't be doing** what your sinful nature craves. *Galatians 5:16*

1. \_\_\_\_\_ first thing in the morning to surrender.

*"It comes the very moment you wake up each morning. All your wishes and hopes for the day rush at you like wild animals. And the first job each morning consists simply in shoving them all back; in listening to that other voice, taking that other point of view, letting that other larger, stronger, quieter life come flowing in. And so on, all day. Standing back from all your natural fussings and frettings; coming in out of the wind."* C.S. Lewis

2. Surrender \_\_\_\_\_ of your body.

Do not offer any part of yourself to sin as an instrument of wickedness, but rather **offer yourselves to God** as those who have been brought from death to life; and **offer every part of yourself** to him as an instrument of righteousness. *Romans 6:13*

3. Keep the word of God on your \_\_\_\_\_ all day long.

**Study** this Book of Instruction continually. **Meditate** on it **day and night** so you will be sure to obey everything written in it. Only then will you **prosper** and **succeed** in all you do. *Joshua 1:8*

*"What self-control requires, ultimately, isn't control, but surrender."* Drew Dyck

Will you surrender?



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control  
vulnerable, problems  
surrender  
Decide  
each part  
mind