



**A man without self-control is
like a city broken into and left
without walls.**

Proverbs 25:28

Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.”

Matthew 26:41

**But the fruit of the Spirit is love,
joy, peace, patience, kindness,
goodness, faithfulness,
gentleness, self-control; against
such things there is no law.**

Galatians 5:22-23

For this very reason, make every effort to supplement your faith with virtue, and virtue with knowledge,

2 Peter 1:5

**and knowledge with self-control,
and self-control with
steadfastness, and steadfastness
with godliness, and godliness
with brotherly affection, and
brotherly affection with love.**

2 Peter 1:6-7

**Do you not know that in a race
all the runners run, but only one
receives the prize? So run that
you may obtain it.**

1 Corinthians 9:24

Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable.

1 Corinthians 9:25

So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

1 Corinthians 9:26-27

So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

1 Corinthians 9:26-27

“And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward.

Matthew 6:16

But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

Matthew 6:17-18

**I can do all things through him
who strengthens me.**

Philippians 4:13

I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.

John 15:5