

# **SERMON NOTES**     **AUGUST 30TH, 2009**

---

## **2009 Summer Series - The Fruit of the Spirit**

### **“Self-Control”**

*Tim Lenes*

1. “Slow Fade”
  
2. The powerful influence of passions
  
3. Our culture vs. biblical counsel
  
4. Restraint - the requirement of self-control
  
5. Mastering self so the enemy does not
  - I Corinthians 6:12
  - Is the practice \_\_\_\_\_?
  - Will the practice \_\_\_\_\_ me?
  
6. The danger of lack of self-control
  
7. Rebuilding the walls
  - a. Stop rationalizing
  - b. Be realistic
  - c. Be encouraged
  - d. Start today
  - e. The battle starts with the mind
  
8. Controlling our tongues
  
9. Control comes from the Holy Spirit
  
10. The battle belongs to the Lord