

Six Steps for Developing Self-Control

1. Admit there is a problem.	In what area of your life do you need more self-control?
2. Call it what it is.	What sinful attitude or behavior is at the root of your problem?
3. Replace sinful habits.	What specific sinful habits do you need to put off?
4. Choose the right thing.	What godly habits do you need to put on?
5. Make a plan.	List some specific steps you can take to put off the sinful habits and put on the godly ones.
6. Ask for help.	Pray for the Spirit to help you change your habits. Who can you ask to hold you accountable?