

Self Control: Cornerstone of Leadership

Outline – November 17, 2024

Proverbs 25:28; Mark 12:28-31; 2 Peter 1:5-7

We All Have Friends/Family That Self-Destructed

- I. The truth about self-destruction**
 - A. We have two options in our choices
 - 1. Self-control
 - 2. Self-destruction
 - B. Choices that led to self-destruction
 - 1. Choices that tanked our career
 - 2. Choices that ended a marriage
 - 3. Choices that ruined a reputation
 - C. Which means at the end of the day we all say “they did it to themselves”
- II. Which means your primary enemy is you**
 - A. The greatest threat to your future is you
 - B. The person most influential to you is you
 - C. If you can’t control you, then you will self-destruct
 - D. Many have self-destructed
 - 1. Destroying testimonies
 - 2. Destroying marriages
 - 3. Destroying legacy
- III. Our life stages**
 - A. Childhood - parents controlled us
 - B. Adolescent - some independence
 - C. Adult - all on you
 - D. Before you can lead others you must have control over you
 - E. Bible teaches the power of self-control
 - F. If you can’t lead you then you can’t lead anyone
 - G. If God’s people don’t lead then Satan’s people will
- IV. The Bible begins with humanity having leadership**
 - A. Humanity gives up authority in the garden
 - 1. Doesn’t speak up
 - 2. Doesn’t exercise leadership
 - B. If you don’t exercise leadership in your family, then the least healthy person will try to lead
 - C. God gives commands for a reason, that we may know the best choices to make
- V. How does a person have a blessed life?**
 - A. A blessed life is not absence of problems or difficulties
 - B. A blessed life is not equal to an easy life
 - C. It is blessed because
 - 1. Jesus is in your life
 - 2. The Holy Spirit is active in your life
 - 3. You have the power of self-control
 - 4. Which creates a life that is content and has minimal regrets
- VI. So what is the greatest choice you can make in life?**
 - A. Jesus said to choose to love God
 - 1. All your heart
 - 2. All you soul
 - 3. All your mind
 - 4. All your strength
 - B. One way of showing love to God is by obeying Him
- VII. Questions to ask ourselves to determine how well we can control ourselves**
 - A. How is your heart or your emotional health?
 - 1. Out of the heart comes our behavior
 - 2. Heart issues cause behavior issues
 - 3. God can take our sinful heart and replace it with one that loves and connects you to His heart
 - 4. What destroys a heart is bitterness (cynical, jaded, dark)

5. Fear will destroy your heart (shame, loss, rejection)
 6. Jesus lived in joy (with only a few moments of anger)
 7. A joyful person is a healthy person
 8. When you hand over to Satan your sense of authority you lose your sense of joy
 9. Fruit of the spirit is joy
 10. Joy creates a non-anxious person
- B. How is your soul or spiritual health?
1. No life without your soul
 2. Holy Spirit speaks to your soul
 3. You need a care plan for your soul
 - a. Worship
 - i. Presence of God
 - ii. Praise of God
 - iii. Prayer to God
 - iv. People of God
 - b. Bible Study
 - i. Wisdom
 - ii. Knowledge
 - iii. Inspiration
 - iv. Connection
 - c. Ministry
 - i. Leading
 - ii. Helping
 - iii. Influencing
 - iv. Making a difference
- C. How is your mind?
1. Your brain goes in two parallel areas
 - a. War
 - b. Worship
 2. War takes every thought captive
 3. Worship - listening, obeying, thinking

4. Life is a battle
 - a. Angels/Demons
 - b. Good/Evil
 - c. Heaven/Hell
 5. Who you are is determined by how you live
- D. How is your physical health?
1. Beware of overemphasis
Beware of underemphasis
 2. Body not healthy it impacts everything
 3. Check engine lights
 - a. Exhausted
 - b. No energy
 - c. Too many vices
 - d. No sleep
 - e. No work/life balance
 - f. Body is temple of Holy Spirit

VIII. Self-control is the beginning of good leadership

- A. Beginning of blessed life
- B. Beginning of influence
- C. Beginning of joy
- D. If you struggle admit your need
- E. Every miracle begins with a problem

**Take Control Of Your Life In Heart, Soul, Mind, and Body
That You May Be The Leader God Wants**