I. Just how important is self-control?
   a. Paul preached it to ___________. (Acts 24:25)
   b. It kept ___________ out of the ___________ _______. (Numbers 20:2-12)
   c. _________ lost his self-control when he saw _____________. (2 Samuel 11,12)
   d. _________ displayed excellent self-control in the garden. (Luke 22:49-51)

II. What are some areas in which we must strive for self-control?
   a. We must learn to control our _______. (Psalm 4:4; John 2:15-17)
   b. We must learn to control our __________. (James 3:5-8; Luke 6:45)
   c. We must learn to control our ________. (Job 31:1; Matthew 5:28-29)

III. Self-control is not easy to achieve.
   a. Even the ___________ have failed at times to control themselves. (Genesis 6:8-9; 9:20-23; I Samuel 13:13-14; 2 Samuel 11; Acts 13:22)
   b. We can only acquire self-control through ________, practice, and training. (I Corinthians 9:24-27)
   c. The best way to control yourself is to give the controls to _____. (Romans 6:16)