“The key to self-control is the refusal to allow our enemies (the flesh, the world, or Satan) to rule or hold us captive in any way... Christ has given us the victory over our flesh, our world and our accuser... they cannot presume authority over us. In the life of a believer, they can rule only where they are invited.” – Beth Moore

1 Corinthians 6:12 “‘I have the right to do anything,’ you say—but not everything is beneficial. ‘I have the right to do anything’—but I will not be mastered by anything.”

Proverbs 25:28 “Like a city whose walls are broken down is a person who lacks self-control.”

Galatians 5:22-23 “The fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.”

LOVE drives our decisions and SELF-CONTROL anchors our heart to wisdom.
2 Corinthians 4:16 “... do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.”

2 Corinthians 5:17 “If anyone is in Christ, the new creation has come:-The old has gone, the new is here!”

Isaiah 42:9 “See, the former things have taken place, and new things I declare; before they spring into being I announce them to you.”

Isaiah 43:18, 19 “Forget the former things; do not dwell on the past. See, I am doing a NEW thing! Now it springs up; do you not perceive it?”

Ephesians 4:14-15 (NLT) “Then we will no longer be immature like children. We won’t be tossed and blown about by every wind of new teaching. We will not be influenced when people try to trick us with lies so clever they sound like the truth. Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church.”

The first step of obedience is hard, and then gets easy. The first step of disobedience is easy, and then gets hard!

Psalm 90:8 AVB “Our iniquities, our secret heart and its sins [which we would so like to conceal even from ourselves], You have set in the [revealing] light of Your countenance.”

Heart: place we give our devotion to

Countenance: appearance; esp. the expression of the face

Hebrew meaning of countenance -
Further Study:

1. Read and reflect on the following verses.
   - **Proverbs 3:1-10** – Write these verses, personalize them and/or insert “daughter” for “son”
   - **2 Timothy 1:6-7** – read it in the Amplified version of the Bible (www.biblegateway.com)
   - **Hebrews 12:1-13** – write down the sin that “so easily entangles” you personally then take that piece of paper and shred it, or tear it up, “throw it off” and write a prayer of confession about that specific sin.
   - **Galatians 5:16-25** – write out verse 22-23 and consider memorizing.

2. Read and meditate on 2 Corinthians 4:16 and 2 Corinthians 5:17

3. Read the following verses and record phrases with the word “new” in them, personalize them as well:
   - Ezekiel 11:19-20, 36:26
     i.e. God will give me a new heart and a new spirit for my hard heart or Sherilyn – I will give you a new heart and a new spirit for your hard heart toward your stepmother.
   - Romans 6:4, 7:6
   - Galatians 6:15 (try to read this in the Amplified Bible if possible)
   - Colossians 3:10
   - Ephesians 4:24
   - Psalms 33:3, 40:3, 98:1, 144:9, 149:1 and Isaiah 42:10
   - Isaiah 42:9, 43:18-19
   - Lamentations 3:22
   - Revelation 2:17, 21:1-5

Note that the major portion of the Bible we read and love so much is called the NEW Testament explaining the NEW Covenant to us.

God is all about newness and renewal! List as many words as you can think of with a “re” prefix. The “re” prefix means to “do over or do it again” and that is God’s nature, He’s a “do over” God!