Welcome to Heart-to-Heart!
Confronting the Myth that Self Control is Hard

Cultivating a Disciplined Heart & Mind
“If you do what you’ve always done then you’ll get what you’ve always got!”
“‘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.”

1 Corinthians 6:12 (NIV)
Allowing anything to control us other than Christ quickly becomes bondage so we practice self-control!
“Like a city whose walls are broken down is a person who lacks self-control.”

The Message – “A person without self-control is like a house with its doors and windows knocked out.”

Proverbs 25:28 (NIV)
Dr. Joseph Christiano –

• www.bodyredesigning.com
• www.dumpthejunkamerica.com
• on the Dump the Junk website: Stockton Unified School District Report
Now that God dwells in us, love and self-control are the walls of protection around our heart, lives and relationships!
“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
Self-control is only hard when we fail to realize it is result of life in the Spirit.

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?”
Self-control is cooperating w/HS who is trying to do a NEW THING – in us, around us, and in our relationship and circumstances!
“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.”

Ephesians 4:14-15 (NLT)
In maturity, we choose to be mastered by love and not by self, and *that* is self-control.
The first step of obedience is HARD and then gets easy. The first step of DISOBEDIENCE is easy and then gets hard!
“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.”

Psalm 90:8 (AVB)
heart: place we give our devotion to

countenance: appearance; esp. the expression of the face

Hebrew meaning of countenance – an accepting expression
His approving countenance is the light that dispels the darkness and breaks bondages in us and in the next generation.