**BELIEVE GRAPHIC WITH TITLE AND KEY IDEA**

***Titus 2:11-14***

*11For the grace of God has appeared that offers salvation to all people. 12It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, 13while we wait for the blessed hope—the appearing of the glory of our great God and Savior, Jesus Christ, 14who gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good.*

1. Self-control = the wise application of “yes” and “no”
2. How Self-Control Shows Up
3. Acceptance Of Responsibility
4. Dedication To Truth
5. Balancing
6. Delaying Of Gratification

**MARSHMALLOW VIDEO HERE**

1. **How to Grow in Self-Control?**

A. Sense the vital importance of self-leadership.

***Proverbs 25:28***

*Like a city whose walls are broken through is a person who lacks self-control.*

1. Tap into your own inner strength.

***2 Peter 1:5-6***

*5For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; 6and to knowledge, self-control…*

1. Lean upon your Holy Helper.

***Galatians 5:22-23***

*22But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23gentleness and self-control.*

1. Lean into a circle of friends.

***Hebrews 3:13***

*But encourage one another daily, as long as it is called “Today,” so that none of you may be hardened by sin’s deceitfulness.*

**Wesley's Questions:**

1. What known sins have you committed since our last meeting?

2. What temptations have you met with?

3. How were you delivered?

4. What have you thought, said, or done, of which you doubt whether it be sin or not?

5. Have you nothing you desire to keep secret?

***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.*