

# Self-Control

## Proverbs 25:28

Like a city that is broken into and without walls is a man who has no control over his spirit.

### Week 1: I Choose to Run from Evil

God always gives us a way to do the right thing  
(I Corinthians 10:13)

### Week 2: I Choose to have a Healthy Heart

Guard your heart  
(Proverbs 4:23)

### Week 3: I Choose to Study My Bible

God teaches me how to make good choices  
(Proverbs 3:3-8; II Timothy 2:15)

### Week 4: I Choose to have a Purpose

Compete in life to win!  
(I Corinthians 9:24-27)

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