

# HOW TO BUILD SELF CONTROL

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Proverbs 25:28

Self-control is one of the hardest things to establish. We are constantly faced with impulsive cravings that entice us to act carelessly and foolishly. Building self-control has nothing to do with what you put in you. It has everything to do with what you put **AROUND** you.

Majority of the population puts knowledge in their mind yet make foolish decisions. Some people enlist themselves in the military yet live undisciplined lives.

Other individuals receive mentorship and still lack the ability and self-control to make wise decisions. What you put in you revolutionizes how you think. However, what you put **AROUND** you revolutionizes what you do.

# WHAT IS AROUND YOU?

Proverbs 25:28

Proverbs 25:28 says, "*Those who do not control themselves are like a city whose walls are broken down.*" The Bible compares a person who lacks self control to a city **WITHOUT WALLS**. A city without walls is a place **WITHOUT STRUCTURE, STANDARDS, LIMITATIONS** and **PARAMETERS**.

A city with walls knows what it can do, when it can do it and how it can do it because it has walls (structure). The walls that a person establishes in their life are called **STANDARDS**. Standards are self inflicted rules that govern your life. A person who lives **WITHOUT** standards will never live a disciplined life.

Building self control involves setting high standards. A college athlete who aspires to be a professional athlete refuses to eat unhealthy. They refuse not to exercise. They make it a priority to perfect their skills. The standards they

put on themselves helps them to demonstrate the self control needed to achieve their goals.

## WHAT ARE YOUR STANDARDS?

What standards have you set for yourself? When you **SET** standards **EVERYTHING** in your life should change to accommodate those standards. Saying what you won't take or what you won't tolerate doesn't mean anything until you make **ACCOMMODATIONS**. People who make accommodations to honor their standards are practicing self-control.

## HERE'S WHAT I MEAN:

- If you have set a standard to save at least three hundred dollars a month you will exercise self-control to live on a budget. You will look for the best deals, buy items on sale and find ways to stretch your money. Your **STANDARD** has helped you build **SELF-CONTROL**.

- If you have a standard of living in excellence you will discipline yourself to focus on the details. You will do your best not to overlook anything. Your **STANDARD** has helped you build **SELF-CONTROL**.

**AS YOU ESTABLISH STANDARDS IN YOUR  
LIFE YOU WILL BECOME SELF-  
CONTROLLED.**

### LIVING WITHOUT STANDARDS

There are millions of people who live without standards. People who live without standards will take anything. Do anything. Accept anything and become anything. These people will never strive for greatness.

They will settle for less. They will never pursue excellence. They will settle for mediocrity. They will never choose to stand out. They're comfortable blending with the crowd.

People who live without standards live a undisciplined life. When a person decides to live an undisciplined life they will reap the consequence of **LACK**. Lack attaches itself to the people who are **VOID** of standards.

For instance, people who do not carry a standard in the way they look will **LACK** compliments. People who do not carry a standard in the way they work will **LACK** acknowledgement. People who do not carry a standard in how they think will **LACK** intelligence.

Living without standards will force you to live in lack. However, living under the weight of standards will attract prosperity. Building self-control will help you achieve your dreams faster.

**WHEN YOU SET STANDARDS AROUND YOU,  
THE ATTRIBUTE OF SELF-CONTROL WILL  
PROSPER YOU!**

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