



1



2



3

1 Corinthians 9 (ESV)

24 Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. **25** Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. **26** So I do not run aimlessly; I do not box as one beating the air. **27** But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

4

Theme

Self-control is the Spirit-given ability to pause, steady your heart, and respond with grace rather than react from emotion.

- Spirit-guided restraint - The Spirit helps us pause before reacting.
- Emotional steadiness - Self-control keeps our heart from being swept away by stress.

5

Theme

- Gentle boundaries - Self-control helps you say “yes” & “no” wisely.
- Christlike responses - Self-control reflects Jesus’ calm, compassionate way of dealing with people.
- Daily surrender - Self-control grows as we yield our reactions to God moment by moment.

6

Biblical Self-Control

- Spirit-produced discipline - A fruit of the Spirit, not human effort.
- Sound judgment - Thinking clearly under pressure.
- Emotional mastery - Feelings submitted to God’s leadership.
- Holy restraint - Choosing what honors God over what feels immediate.
- Christlike composure - Responding with grace even when circumstances are hard.

7

Self-Control

Guards Your Words and Emotions

8

Guards Your Words and Emotions

- Caregiving brings unpredictable moments - confusion, agitation, repeated questions, emotional outbursts.
- Self-control becomes a holy pause, giving us space to breathe, pray & respond rather than react.
- Words can heal or harm.

3 Whoever guards his mouth preserves his life; he who opens wide his lips comes to ruin. (Proverbs 13:3 ESV)

9

Guards Your Words and Emotions

- Our tone can calm a storm or stir one up.
- Self-control pauses before reacting - A short pause can change the entire atmosphere.
- Self-control prevents emotional overflow - It keeps frustration from spilling onto our loved one.
- Self-control protects relationships - It preserves dignity, ours & theirs.

10

Self-Control

Sets Healthy Boundaries

11

Sets Healthy Boundaries

- We often feel guilty saying “no,” asking for help, or taking breaks.
- Boundaries are not selfish - they are spiritually wise & essential for long-term caregiving.
- Boundaries protect our well-being - We cannot pour from an empty cup.
- Boundaries reduce resentment - They prevent burnout & bitterness.

12

Sets Healthy Boundaries

- Boundaries allow rest

15 Look carefully then how you walk, not as unwise but as wise, 16 making the best use of the time, because the days are evil. (Ephesians 5:15–16 ESV)

- Boundaries invite others to help - Self-control says, “I don’t have to do this alone.”

13

Sets Healthy Boundaries

- Boundaries reflect wisdom.

28 A man without self-control is like a city broken into and left without walls. (Proverbs 25:28 ESV)

14



Self-Control

Spirit-Empowered

15

Spirit-Empowered

- Self-control is not something you muster up - it is something God grows in us.
- The Spirit strengthens us in moments when we feel weak, overwhelmed, or emotionally drained.
- The Spirit strengthens discipline.

11 For the grace of God has appeared, bringing salvation for all people, 12 training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age, (Titus 2:11–12 ESV)

16

Spirit-Empowered

- God's grace teaches us how to respond with wisdom.
- Self-control grows through prayer - Short breath prayers can reset your heart.
- It requires surrender - "Lord, guide my reactions today."
- It is shaped by Scripture - God's Word renews our mind & calms our spirit.
- Self-control reflects maturity - It shows Jesus is forming His character in us.

17



18



19

Discussion Questions

- What situations challenge your self-control most?
- How do you recover when you react poorly?
- What boundaries do you need to strengthen?
- How can the Spirit guide your responses this week?
- What practices help you stay grounded?

20