



Self-Control:  
Caging  
The Lion

# 1 Corinthians 9

24 Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.

# 1 Corinthians 9

25 Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever.

# 1 Corinthians 9

26 Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air.

# 1 Corinthians 9

27 No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

## **Two Keys To Self-Control:**

- 1) Learning to say yes to what is right**
- 2) Learning to say no to what is wrong**

# Weekly Devotional

## 1 Thessalonians 5

6 So then, let us not be like others, who are asleep, but let us be awake and sober. 7 For those who sleep, sleep at night, and those who get drunk, get drunk at night.

8 But since we belong to the day, let us be sober, putting on faith and love as a breastplate, and the hope of salvation as a helmet.