



***“Not So Secret Sauce”***  
***Part 3***

*His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness. <sup>4</sup> Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires.*

*2 Peter 1: 3-4*

***“For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge;  
6 and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; 7 and to godliness, mutual affection; and to mutual affection, love. 8 For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus.”***

***2 Peter 1:5-8***



*A meaningful, abundant Life is available  
through your relationship with Jesus*



*The next ingredient is self-control*

The background is a dark, textured composition. On the left, there are dark blue and black abstract shapes. On the right, there are red and dark red abstract shapes, including a cluster of small red bird-like silhouettes in the upper right and a red, branch-like structure in the bottom right corner. The text is centered in the middle of the image.

*We have to control the craving*

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

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

***Self-control is produced from a life that is connected to God***



***“A person without self-control  
is like a city with broken-down walls”***

**Proverbs 25:28 NLT**



*Self-control is protection against temptation*

***“Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.”***

***Romans 8:5-6***

***It is your choice: what will you Feed?***

*Have you never heard? Have you never understood?  
The LORD is the everlasting God, the Creator of all the earth.  
He never grows weak or weary.*

*No one can measure the depths of his understanding.  
<sup>29</sup> He gives power to the weak and strength to the powerless.*

*<sup>30</sup> Even youths will become weak and tired,  
and young men will fall in exhaustion.*

*<sup>31</sup> But those who trust in the LORD will find new strength.  
They will soar high on wings like eagles.*

*They will run and not grow weary.*

*They will walk and not faint.*

**Isaiah 40:28-31**



*Self-Control limits negative effects of sinful choices while increasing Positive outcomes*