

# Self-control September 2022

Achieve balance in all things



A person without self-control is like a city broken into and left without walls.

Proverbs 25:28

## Regular Community Activities



**Selhurst Food Bank & Community Kitchen:**  
Every Tuesday at 6pm – 7:30pm

### ONLINE EVENTS



**Women's Forum:**  
First Monday each month at 7pm – 8pm



**Bible Book Club:**  
First and last Tuesday and Thursday each month at 7pm – 9pm



**Prayer Session:**  
Every Wednesday at 8pm



**Online Worship Experience:**  
Every Saturday from 10am

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Contemplate which areas of your life need more self-control	2 If there are things you desire to change, pray and work with joy towards them	3 Tell yourself, "I can do all things through God who strengthens me" Philippians 4:13
4 Take a stand and, with God's help – refuse to allow a situation to get out of control	5 Get more sleep to help replenish the fuel needed for self-control	6 Let God transform you into a new person by renewing your mind Romans 12:2	7 Pray for success over something that is troubling you	8 Remind yourself of the end goal and you're more likely to stick at it	9 Read Proverbs 11: Allow it to challenge your way of thinking and help you be wiser	10 Seek to understand life from God's perspective by reading his Word
11 Read Philippians 3:13: Keep striving for the prize	12 Actively monitor your work-life balance	13 Eat something healthy today to assist you in feeling and thinking positive	14 Read Luke 1:37: Nothing is impossible with God	15 Change your mindset by adopting a "can-do" attitude	16 Make a commitment to read God's Word daily	17 Read Ezekiel 36:26-27: to understand how you overcome and live a disciplined life
18 Set positive and realistic goals for the week ahead	19 Read Isaiah 41:13: Be determined and courageous	20 Aim to change your thought patterns by changing your focus	21 Don't allow yourself to be overcome by anger, hurt, grudges and revenge	22 Don't let anger fester. Deal with it before the day ends Ephesians 4:26-27	23 Create a list of unhealthy eating habits you want to drop	24 Seek encouragement and advice from a good friend to improve your resilience
25 No matter how busy you are, plan to include a short burst of exercise in your daily routine	26 Take proactive steps to overcome your fears	27 Don't be held back by fear. God has given you a sound mind 2 Timothy 1:7	28 Consider how a little self-control saves you time, energy, and from errors	29 Take time to reflect on what you achieved this month	30 Pray a prayer of thanksgiving for the things you have overcome this month	

### NOTES

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