

LEVEL UP SELF-CONTROL

The blessings and curses of autonomy

2 Peter 1:3-7

We have everything we need.

Genesis 25:24-34

Reactive living vs. proactive living

Experiencing the next level is directly correlated with consistency in this one.

Proverbs 25:28

We all have appetites, but they need direction.

Self-control is a muscle.

Trigger and reward