

**LEVEL UP**  
**SELF-CONTROL**  
2 Peter 1:3-6  
Genesis 25:21-34

**Self-Control:**

The ability to control oneself in particular one's emotions and desires or the expression of them in one's behavior, especially in difficult situations.

Restrain over one's own impulses, emotions, or desires.

**Esau sells out and loses out**

Esau had an \_\_\_\_\_ driven by a \_\_\_\_\_.

Esau \_\_\_\_\_ for \_\_\_\_\_.

Esau chose \_\_\_\_\_ over \_\_\_\_\_.

Esau's lack of \_\_\_\_\_ came at a \_\_\_\_\_.

<sup>28</sup>*A person without self-control is like a house with its doors and windows knocked out.*  
Proverbs 25:28 (MSG)

<sup>10</sup>*For God's will was for us to be made holy by the sacrifice of the body of Jesus Christ, once for all time.*  
Hebrews 10:10 (NLT)

**Life Lessons to help with self-control**

Start Small

Set yourself up for success

Stickers to help you stick with it