

# *Better than the Mighty*

"He who is slow to  
anger is better than  
the mighty, And he  
who rules his spirit,  
than he who  
captures a city." -  
Proverbs 16:32  
(NASB95)



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# *Self Control*

“Control of one’s emotions, desires, or actions by one’s own will” – American Heritage Dictionary

Acts 24:24-25 – “discussion righteousness, self-control and the judgment to come, Felix became frightened” (NASB95)

1 Corinthians 9:27 – “I discipline my body”

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*Where we  
must  
exercise  
self  
control:*

Emotions -  
Proverbs 16,  
25,  
Ecclesiastes 3

Speech -  
James 1, 3,  
Proverbs 13,  
Matthew 12

Desires -  
Romans 6, 1  
Timothy 6,  
Job 31,

# *Strategies for maintaining self control:*

01

Leave the situation -  
Genesis 39, 43

02

Use righteous outlets -  
Philippians 4,  
Ephesians 4

03

Recognize  
God is judge -  
1 Peter 2

04

Learn/Improve  
- 1 Corinthians  
9, 2 Peter 1