

# Are You Feeding Your Need?

Self-control is a neglected fruit of the Spirit. We need self-control to combat overeating and other impulsive sins. Admitting our lack of self-control is the first step toward change.

**READ:** Prov. 23:1; Prov. 25:28; Rom. 6:6-14; 1 Cor. 6:12-13; Gal. 5:16-25; Titus 2:11-14.

**HEART ISSUE;** According to Davis' "Six S" test, do you lack self-control? In what areas do you need more self-control?

**PRAYER FOCUS:** Father, thank You for supplying all my needs through Your Holy Spirit. Show me where I lack self-control, and produce this fruit in my life. Amen.

Read a companion article.