



15 DAY BIBLE READING PLAN

# SELF-CONTROL

Day 1	1 Corinthians 9
Day 2	Proverbs 25
Day 3	Galatians 5
Day 4	Titus 2
Day 5	2 Peter 1
Day 6	James 3
Day 7	Proverbs 16
Day 8	Romans 7
Day 9	1 Thessalonians 5
Day 10	2 Timothy 1
Day 11	Matthew 4
Day 12	1 Peter 4
Day 13	Proverbs 4
Day 14	Philippians 4
Day 15	Ephesians 4

*A plan of devotion, purpose, and prayers*





## **1 Corinthians 9**

Paul speaks about the discipline required to run the race of faith, likening it to an athlete's self-control and dedication.

## **Proverbs 25**

This chapter includes wisdom on controlling one's temper and desires, emphasizing that a person without self-control is like a city without walls.

## **Galatians 5**

Here, Paul discusses the fruit of the Spirit, with self-control being highlighted as a key characteristic of a Spirit-led life.

## **Titus 2**

Paul instructs various groups within the church on living self-controlled, upright, and godly lives, emphasizing the importance of self-control for all believers.

## **2 Peter 1**

Peter encourages believers to add to their faith virtues such as knowledge, self-control, perseverance, and godliness, underscoring the importance of self-control in the Christian walk.

## **James 3**

This chapter focuses on the power of the tongue, highlighting the importance of controlling what we say as an aspect of self-control.

## **Proverbs 16**

This chapter emphasizes that a person who is slow to anger and rules their spirit is stronger than one who takes a city, illustrating the power of self-control.

## **Romans 7**

Paul discusses the internal battle with sin and the struggle to do what is right, showing the need for reliance on the Holy Spirit for self-control.

## **1 Thessalonians 5**

Paul encourages believers to be sober and vigilant, maintaining self-control as they wait for the return of Christ.

## **2 Timothy 1**

Paul reminds Timothy that God has given us a spirit of power, love, and self-control, rather than fear.

## **Matthew 4**

Jesus' temptation in the wilderness is a powerful example of self-control, as He resists the devil's temptations by relying on Scripture.

## **1 Peter 4**

Peter urges believers to be alert and of sober mind, practicing self-control as they live for God and not for earthly desires.

## **Proverbs 4**

This chapter emphasizes guarding the heart and controlling one's thoughts and actions as a pathway to life.

## **Philippians 4**

Paul encourages believers to focus their thoughts on what is true, honorable, and praiseworthy, practicing self-control over their minds and attitudes.

## **Ephesians 4**

Paul instructs the church to put off the old self and to live in a way that is pleasing to God, which involves self-control in speech, actions, and attitudes.

