# Growth in Self-Control: Overcoming Gluttony



A 21-day journey to cultivate self-discipline and conquer the sin of gluttony through God's Word and prayer.





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#### Introduction

Welcome to your 21-day Bible study on Growth in Self-Control! Gluttony is often overlooked, yet it can deeply affect our spiritual, emotional, and physical well-being. This study is designed to help you recognize gluttony as a form of excess that hinders your growth in Christ and to empower you to cultivate godly self-discipline.

Self-control is a fruit of the Spirit (Galatians 5:22-23), and it is essential for growing closer to God and living a victorious Christian life. Over these 21 days, you will explore Scripture passages that reveal God's wisdom on moderation, discipline, and reliance on Him rather than on worldly desires.

This plan invites you into a deeper reflection on how food, appetite, and other areas of indulgence might be dominating your life. By engaging with God's Word, journaling your thoughts, and praying daily, you will be equipped to make lasting changes that honor God and nurture your spiritual growth.

Remember, this journey is not about legalism but about freedom! Freedom from the bondage of gluttony and the grace to grow in self-control through the power of the Holy Spirit. Embrace each day with an open heart, and allow God to transform you from the inside out.

















Day 1: D Understanding Gluttony

#### Your Verse

Proverbs 23:20–21 – Do not join those who drink too much wine or gorge themselves on meat, for drunkards and gluttons become poor, and drowsiness clothes them in rags.

#### **Supporting Scriptures**

- Philippians 3:19 Their destiny is destruction, their god is their stomach, and their glory is in their shame.
- Luke 21:34 Be careful, or your hearts will be weighed down with carousing, drunkenness and the anxieties of life.







Day 1: Day Understanding Gluttony

#### Devotional: Recognizing the Weight of Gluttony

**Gluttony** is often defined as overindulgence and overconsumption, especially in eating or drinking. But it's more than just a physical issue; it's a spiritual problem that reveals our misplaced desires and lack of restraint. The Scriptures warn us against letting our appetites control us, as it leads to poverty—not just materially but spiritually.

Proverbs 23 reminds us not to join those who persist in excess because it steals our vitality and can bring ruin. The metaphor of drowsiness as clothing illustrates how gluttony can leave us spiritually sluggish, hindering our growth and joy in the Lord. Paul in Philippians calls warning to those whose god is their stomach, showing us how gluttony can become idolatry.

Today, reflect on how gluttony might be affecting your life — not only in terms of food but also in what you overconsume emotionally or spiritually. Ask God to reveal hidden sins and prepare your heart for the work ahead.







Day 1: O Understanding Gluttony

## Reflect and Apply

1.	In what ways have you noticed gluttony affecting your spiritual or physical well-being?
2.	Are there any forms of excess or indulgence you tend to justify?
3.	How can you invite God to help you become more aware of and resist these temptations?







Day 1: 📵 Understanding Gluttony

### **Journaling Prompts**

	Write about a time you realized gluttony was hindering your spiritual growth.
2.	List areas in your life where you struggle with self-control besides food.
3.	Record a prayer asking God to reveal and help you overcome gluttony.







Day 1: D Understanding Gluttony

#### Prayer for Today

Lord, I come before You seeking clarity and honesty. Help me to see where gluttony has taken root in my life—whether in my body, mind, or spirit. Give me the courage to confront these areas and the grace to grow in self-discipline. Teach me to satisfy my true hunger only in You, the source of all life and joy. I trust Your Spirit to guide me day by day into freedom and wholeness. In Jesus' Name, Amen.









## Day 2: The Call to Self-Control









Day 2: The Call to Self-Control

#### Your Verse

2 Timothy 1:7 - For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

#### **Supporting Scriptures**

- Galatians 5:22–23 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.
- Proverbs 25:28 Like a city whose walls are broken through is a person who lacks self-control.







Day 2: **(**) The Call to Self-Control

#### Devotional: Empowered to Exercise Self-Control

**Self-control is not a burden but a powerful gift from God.** Through His Spirit, we receive not fear or weakness but power and love. This power enables us to say no to sinful desires such as gluttony and yes to a disciplined life that honors God.

Paul's reminder to Timothy encourages us that self-discipline is given by God and is a critical fruit of the Spirit. Without self-control, our lives are vulnerable—like a city with broken walls, exposed and defenseless against temptations that seek to damage our souls.

Today, focus on the truth that God equips you to overcome impulse and live with purpose. *Ask the Holy Spirit to strengthen your will and to cultivate habits that reflect godly self-control in all things.* Remember, growth requires daily dependence on Him.







Day 2: ① The Call to Self-Control

### Reflect and Apply

	How do you currently rely on your own strength in controlling desires, and where can you trust God more?
2.	What barriers keep you from exercising self-control consistently?
	In what practical ways can you invite the Holy Spirit to empower your self-discipline today?







Day 2: **(**) The Call to Self-Control

#### **Journaling Prompts**

1.	Write about a time you felt empowered by God to resist temptation.
2.	List habits that help you maintain self-control and those that hinder it.
3.	Pray for specific situations where you need greater self-discipline.







Day 2: V The Call to Self-Control

#### **Prayer for Today**

Father, thank You for giving me Your Spirit who empowers me to live with self-control. Help me to rely on Your strength rather than my own willpower. Teach me to walk in love and discipline, resisting temptation and growing each day in godliness. May Your power be evident in my choices and actions. In Jesus' Name, Amen.















#### Your Verse

1 Corinthians 6:19–20 – Do you not know that your bodies are temples of the Holy Spirit... Therefore honor God with your bodies.

#### **Supporting Scriptures**

- Romans 12:1 Offer your bodies as a living sacrifice, holy and pleasing to God.
- Proverbs 23:2 Put a knife to your throat if you are given to gluttony.







#### Devotional: Your Body as a Temple of the Holy Spirit

Our bodies are not our own. Scripture teaches that we are temples of the Holy Spirit, and because of this, we are called to honor God with every aspect of our physical lives. Gluttony dishonors that temple by promoting excess and selfish indulgence.

Paul's words urge us to offer our bodies as living sacrifices—dedicated, disciplined, and holy. This dedication includes resisting unhealthy overconsumption and embracing moderation as an act of worship.

Today, consider your daily habits related to eating and consumption. Do they reflect your honor and respect for the temple God has given you, or are they tied to patterns of excess? Let this be a day to commit to honoring God through wholesome, disciplined choices that nurture both body and spirit.







### Reflect and Apply

	How do your current habits either honor or dishonor your body as God's temple?
	Are there changes you feel led to make in how you care for your physical health?
	What does offering your body as a living sacrifice look like in your daily life?







#### **Journaling Prompts**

	Describe how you currently care for your body and where improvement is needed.
2.	Write a commitment statement to honor God with your eating habits.
3.	Pray for God's guidance and strength in caring for your body.







#### **Prayer for Today**

Lord, thank You for making my body Your temple. Help me to honor You through my choices and self-control. Teach me to see my habits through Your eyes and empower me to live in a way that glorifies You, avoiding gluttony and embracing healthy stewardship. Fill me with Your Spirit as I commit my body and life to You. In Jesus' Name, Amen. (\*\*)















#### Your Verse

Isaiah 40:29 - He gives strength to the weary and increases the power of the weak.

#### **Supporting Scriptures**

- Psalm 46:1 God is our refuge and strength, an ever-present help in trouble.
- Nehemiah 8:10 Do not grieve, for the joy of the Lord is your strength.







#### Devotional: God's Strength for Our Weakness

Growth in self-control is often a journey marked by weakness and struggle. Yet God promises to give strength to the weary and power to those who feel weak. In moments of temptation to indulge, God is ready to empower you beyond your natural ability.

Psalm 46 calls God an ever-present help, meaning you can turn to Him anytime you feel overwhelmed. Nehemiah reminds us that true strength comes from the joy of the Lord, not from our own effort or willpower.

Today, lean into God's promise and ask Him for renewed strength where you feel weak in self-control. Embrace His presence as your refuge and power source. Remember that relying on Him is not a sign of failure but a mark of faith.







### Reflect and Apply

1.	Where do you feel weakest in practicing self-control?
2.	How can you practically turn to God for strength in those moments?
3.	What does 'the joy of the Lord is your strength' mean in your current situation?







#### **Journaling Prompts**

1.	Journal about a time God gave you unexpected strength.
2.	List personal weaknesses and ask God to strengthen you in each.
3.	Pray for God's joy to fill and sustain you daily.







#### Prayer for Today

Heavenly Father, I acknowledge my weakness and need for Your strength.

Please empower me today to resist temptation and grow in self-discipline. Let Your joy fill my heart and renew my spirit as I depend on You through each challenge. Thank You for being my refuge and strength always. In Jesus' Name, Amen. 💪 🙏 💸

















Day 5: The Balance of Moderation

#### Your Verse

Philippians 4:5 - Let your gentleness be evident to all. The Lord is near.

#### **Supporting Scriptures**

- Ecclesiastes 3:1 There is a time for everything, and a season for every activity under the heavens.
- 1 Corinthians 9:25 Everyone who competes exercises self-control in all things.







Day 5: The Balance of Moderation

#### Devotional: Learning the Grace of Moderation

Life involves balance and seasons, and self-control helps us navigate them with grace. Paul encourages believers to let gentleness guide them—which includes gentleness with ourselves regarding habits and growth. Gluttony ignores balance, pushing beyond what is beneficial.

Ecclesiastes teaches there is a right time for all things, reminding us that moderation aligns with God's design for seasons and rhythms in life. Paul likens spiritual discipline to an athlete who exercises self-control to win a prize.

Today, reflect on your rhythms around eating and indulgence. Are you practicing moderation or excess? Ask God to help you establish balanced patterns that reflect His order and wisdom.







Day 5: 🕦 The Balance of Moderation

## Reflect and Apply

1.	How do you currently manage balance in your daily routines?
2.	What areas feel out of control or excessive right now?
3.	What would practicing moderation look like practically in your life?







Day 5: 🕦 The Balance of Moderation

### **Journaling Prompts**

1.	List situations where you successfully practiced moderation.
2.	Journal about times when lacking balance caused trouble.
3.	Pray for God's wisdom to find healthy rhythms in your life.







Day 5: The Balance of Moderation

#### Prayer for Today

Lord, teach me the gift of balance and moderation. Help me to recognize the seasons and rhythms You have set and to respond with discipline and gentleness. Guide my choices toward what is honoring to You and good for my body and soul. Thank You for Your nearness and care. In Jesus' Name, Amen.









## Day 6: Guarding Your Heart









Day 6: A Guarding Your Heart

#### Your Verse

Proverbs 4:23 - Above all else, guard your heart, for everything you do flows from it.

#### Supporting Scriptures

- Matthew 15:18 But the things that come out of a person's mouth come from the heart.
- Jeremiah 17:9 The heart is deceitful above all things and beyond cure.







Day 6: A Guarding Your Heart

#### Devotional: Protecting What Drives Your Actions

The heart is the source of our desires and actions. Proverbs warns us to guard it carefully because what flows from our hearts shapes everything we do.

Gluttony often originates in a heart craving more than what is healthy or godly. Jesus teaches that what comes out of our mouth reflects the heart's condition, and Jeremiah reminds us that the heart can be deceitful, leading us astray without God's intervention.

Today, ask God to reveal what is hidden in your heart that might fuel gluttony or lack of self-control. Commit to guarding your heart through prayer, Scripture, and accountability so that your actions reflect God's truth and love.







Day 6: <a> Guarding Your Heart</a>

## Reflect and Apply

1.	What desires in your heart might be leading to overindulgence?
2.	How can you practically guard your heart from temptation?
3.	Who or what can help you stay accountable in your growth journey?







Day 6: <a> Guarding Your Heart</a>

## **Journaling Prompts**

1.	Write honestly about areas where your heart is vulnerable.
2.	Describe ways to guard your heart daily.
3.	Pray for God's protection over your inner thoughts and desires.







Day 6: <a> Guarding Your Heart</a>

#### Prayer for Today

**Father, help me to guard my heart as You command.** Reveal any hidden idols or unhealthy cravings that drive me toward gluttony. Strengthen me to resist temptation and shape my heart to desire what honors You. Surround me with Your protection and wisdom in all I do. In Jesus' Name, Amen.









# Day 7: W The Fruit of the Spirit









Day 7: W The Fruit of the Spirit

#### Your Verse

Galatians 5:22–23 – The fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.

#### **Supporting Scriptures**

- John 15:5 I am the vine; you are the branches. If you remain in me, you will bear much fruit.
- Ephesians 5:9 For the fruit of the light consists in all goodness, righteousness and truth.







Day 7: W The Fruit of the Spirit

# Devotional: Growing in Self-Control Through the Spirit

Self-control does not come from our own efforts alone but grows as part of the fruit of the Spirit. Paul lists self-control as a vital evidence of a life connected to Jesus.

Jesus calls us to abide in Him, like branches in a vine, so we can bear lasting fruit. This means that your growth in self-discipline is directly tied to your relationship with Christ. As you grow closer to Him, the Spirit produces in you what you cannot produce alone.

Reflect today on how staying connected to Jesus nurtures your self-control. What practices help you remain in Him? How can you foster deeper intimacy with the Spirit who empowers you?







Day 7: 🥰 The Fruit of the Spirit

## Reflect and Apply

	What fruits of the Spirit are most evident in your life? Which need growth?
2.	How do you spend time 'abiding' in Christ daily?
3.	In what ways can you cooperate with the Spirit to develop self-control?







Day 7: 🖏 The Fruit of the Spirit

## **Journaling Prompts**

1.	Journal about your relationship with the Holy Spirit.
2.	List spiritual disciplines that help your connection with Jesus.
3.	Pray for increased sensitivity to the Spirit's guidance.
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Day 7: When Truit of the Spirit

#### Prayer for Today

Holy Spirit, cultivate the fruit of self-control within me. Draw me closer to Jesus so I may bear fruit that honors God. Help me to live by Your power and not by my own strength. Teach me to walk daily in Your guidance and grace. In Jesus' Name, Amen.

















#### Your Verse

1 Corinthians 10:13 - No temptation has overtaken you except what is common to mankind. And God is faithful; He will not let you be tempted beyond what you can bear.

#### **Supporting Scriptures**

- James 4:7 Submit yourselves, then, to God. Resist the devil, and he will flee from you.
- Matthew 26:41 Watch and pray so that you will not fall into temptation.







#### Devotional: God's Faithfulness in Temptation

Temptation is a universal challenge, but God promises not to allow us to be tested beyond what we can endure. This assurance encourages us to face gluttony and other temptations with confidence, knowing God provides escape routes.

James instructs us to submit to God and resist the devil, a dynamic of active reliance and opposition. Jesus' reminder to 'watch and pray' emphasizes vigilance and dependence on God's strength.

Today, renew your commitment to resist temptation through prayer and submission to God. Identify triggers and prepare practical ways to stand firm. Remember, you are not alone in this battle.







## Reflect and Apply

1.	What temptations regarding gluttony do you face most frequently?
2.	How do you usually respond when tempted? What helps or hinders you?
3.	What practical steps can you take to 'watch and pray' effectively?







## **Journaling Prompts**

1.	Record common temptations and possible escape plans.
2.	Reflect on past victories over temptation and what helped.
3.	Pray for heightened awareness and strength to resist.







#### Prayer for Today

Lord, thank You for Your faithfulness in my temptations. Help me recognize the times I am tested and provide the strength to resist. Teach me to submit fully to You and stay alert through prayer. May I stand firm knowing You fight with me. In Jesus' Name, Amen. ( )









# Day 9: Z Patience in Growth









Day 9: 

✓ Patience in Growth

#### Your Verse

James 1:4 - Let perseverance finish its work so that you may be mature and complete, not lacking anything.

#### **Supporting Scriptures**

- Romans 5:3-4 Suffering produces perseverance; perseverance, character; and character, hope.
- Ecclesiastes 7:8 The end of a matter is better than its beginning.







Day 9: 

✓ Patience in Growth

#### Devotional: Persevering Through the Growth Process

Growth in self-control and overcoming gluttony is a process that requires patience and perseverance. James encourages us to let perseverance finish its work so we mature in Christ. Sometimes this means enduring setbacks and challenges without giving up.

Paul explains suffering builds perseverance, character, and hope—all essential qualities for spiritual maturity. Ecclesiastes reassures that the outcome is better than the beginning, encouraging us not to lose heart.

Today, commit to enduring the journey, even when progress feels slow or difficult. Trust that God is shaping you into His image, and your persevering spirit will yield lasting fruit.







Day 9: Z Patience in Growth

## Reflect and Apply

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Day 9: Z Patience in Growth

## **Journaling Prompts**

1.	. Recall a time when perseverance led to success in your life.
2.	. Journal about current challenges and your feelings toward them.
3.	. Pray for patience and endurance during this growth period.







Day 9: 

✓ Patience in Growth

#### Prayer for Today

Father, help me to be patient and persevere through the growth You are cultivating in me. When I feel weary or discouraged, remind me that You are at work making me mature and complete. Strengthen my hope and character so I may glorify You in my life. In Jesus' Name, Amen. \(\sigma \)









# Day 10: 🕹 Finding Rest in God









Day 10: 🕹 Finding Rest in God

#### Your Verse

Matthew 11:28-29 - Come to me, all you who are weary and burdened, and I will give you rest.

#### **Supporting Scriptures**

- Psalm 62:1 Truly my soul finds rest in God; my salvation comes from Him.
- Hebrews 4:10 Let us, therefore, make every effort to enter that rest, so that no one will perish.







#### Devotional: Resting to Renew Strength and Discipline

**Rest is essential for growth and self-control.** Jesus invites the weary to come to Him for rest. When battling gluttony, fatigue and stress can weaken resolve, making us vulnerable.

David's words in Psalm 62 echo the need for soul rest in God alone, while Hebrews encourages us to enter God's rest through faith and obedience.

Today, focus on resting in God—physically, emotionally, and spiritually. Surrender burdens to Jesus, knowing rest restores strength and sharpens discipline. Let this rest empower you to continue growth with renewed energy.







## Reflect and Apply

1.	Are you allowing yourself sufficient rest amid your growth journey?
2.	How does resting in God differ from simply taking a break?
3.	What practices help you experience God's rest daily?







## **Journaling Prompts**

1.	Describe what true rest looks like for you.
2.	Write about ways you can incorporate more rest in your routine.
3.	Pray for God to reveal His peace and restore your strength.







#### Prayer for Today

**Jesus, I come to You weary and burdened.** Please give me rest for my soul and renew my strength. Teach me to entrust my struggles, including my battles with gluttony, to You. Help me find peace that fuels self-discipline and growth. In Your Name, Amen. & 🙏 🥬

















#### Your Verse

Romans 12:2 - Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

#### **Supporting Scriptures**

- Ephesians 4:23 Be made new in the attitude of your minds.
- Colossians 3:2 Set your minds on things above, not on earthly things.







#### Devotional: Mind Renewal Fuels Self-Discipline

**Transformation begins in your mind.** Romans calls us to renew our minds so we no longer conform to worldly patterns, including the culture of excess and instant gratification that fuels gluttony.

Paul urges believers to adopt new attitudes and focus on heavenly things, which shifts perspective and breaks unhealthy thought patterns.

Today, take intentional steps to renew your thoughts. Replace tempting or indulgent thoughts with Scripture and reminders of God's promises. This mental renewal strengthens your ability to practice self-control and live according to God's will.







## Reflect and Apply

What thought patterns contribute to your struggles with gluttony?
How often do you intentionally renew your mind with Scripture?
What are practical ways to set your mind on things above daily?







## **Journaling Prompts**

1.	List unhelpful thoughts and replace them with Scriptural truths.
2.	Write about how renewed thinking impacts your self-control.
3.	Pray for transformation through mind renewal.







#### Prayer for Today

God, transform my mind and help me focus on what is true and good.

Remove worldly patterns that encourage overindulgence and help me embrace Your perspective. Renew my thoughts and attitudes so my actions honor You. In Jesus' Name, Amen.  $\bigcirc$   $\bigcirc$ 

















Day 12: 🕿 Accountability in Growth

#### Your Verse

Ecclesiastes 4:9-10 - Two are better than one because they have a good return for their labor.

#### **Supporting Scriptures**

- James 5:16 Therefore confess your sins to each other and pray for each other.
- Proverbs 27:17 As iron sharpens iron, so one person sharpens another.







Day 12: 🕿 Accountability in Growth

#### Devotional: The Power of Support and Accountability

We are not meant to grow alone. God designed community to sharpen, encourage, and hold us accountable.

Ecclesiastes highlights the value of partnership in sustaining effort and progress. James encourages confession and prayer between believers, a powerful tool in overcoming sin such as gluttony.

Today, consider who you can invite into your journey for support and accountability. An honest, loving partner or group can spur growth and help you remain disciplined through prayer and encouragement.







Day 12: 🙇 Accountability in Growth

## Reflect and Apply

Who supports or holds you accountable in your spiritual walk?
How comfortable are you sharing your struggles with trusted believers?
What steps can you take to build stronger accountability relationships?







Day 12: 🙇 Accountability in Growth

## **Journaling Prompts**

1.	Identify people who can help you in self-control.
2.	Write about current support systems and their effectiveness.
3.	Pray for courage to seek and nurture accountability.







Day 12: 🕿 Accountability in Growth

#### Prayer for Today

Lord, thank You for the community You provide. Lead me to people who will support and encourage me. Give me courage to be vulnerable and honest, and help me to also be an encouragement to others. May we grow stronger together in self-control and godliness. In Jesus' Name, Amen.

















#### Your Verse

Matthew 5:6 - Blessed are those who hunger and thirst for righteousness, for they will be filled.

#### **Supporting Scriptures**

- Psalm 42:1 As the deer pants for streams of water, so my soul pants for You, my God.
- John 6:35 Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry."







#### Devotional: Replacing Physical Cravings With Spiritual Desire

True satisfaction comes from hunger for righteousness, not excess consumption. Jesus taught that those who earnestly seek Him will be filled completely.

David's longing for God resembles a deep thirst that only God can quench. Jesus declares Himself the bread of life, the ultimate source of satisfaction beyond physical needs.

*Today, evaluate what you hunger for most often.* Practice redirecting cravings away from food or excess toward God's presence, promises, and provision. This shift fosters growth in spiritual self-control.







## Reflect and Apply

1.	What do you find yourself craving more than God?
2.	How can you cultivate a deeper spiritual hunger daily?
	In moments of physical temptation, how might you turn your thoughts to Christ?







## **Journaling Prompts**

1.	Describe your spiritual hunger and what it looks like in your life.
2.	Write about challenges and successes replacing cravings with prayer.
3.	Pray for God to deepen your longing for Him above all else.







#### Prayer for Today

**Jesus, You alone satisfy my deepest hunger and thirst.** Help me to desire righteousness above physical cravings. Fill me with Your presence so I seek You first in all things. Guide me in living by Your spiritual nourishment and strength. In Your Name, Amen.

















Day 14: K Building Godly Habits

#### Your Verse

Romans 12:2 - Be transformed by the renewing of your mind, that you may prove what God's will is—His good, pleasing and perfect will.

#### **Supporting Scriptures**

- Hebrews 12:11 No discipline seems pleasant at the time, but painful. Later, it produces a harvest of righteousness and peace.
- Proverbs 16:3 Commit to the Lord whatever you do, and He will establish your plans.







Day 14: K Building Godly Habits

#### Devotional: Discipline Creates Lasting Change

**Growth in self-control requires deliberate habits.** Renewing your mind and committing your actions to God are essential in establishing godly routines that overcome gluttony.

Hebrews acknowledges that discipline can be unpleasant but assures a fruitful harvest if we endure. Proverbs promises that God will solidify our efforts as we commit them to Him.

Today, identify and begin to build one or two godly habits related to eating and self-control. Commit your plans to God and trust His faithfulness to help you establish healthy, lasting change.







Day 14: 🚜 Building Godly Habits

#### Reflect and Apply

	What habits do you currently have that support or undermine self-control?
2.	What new habits could reflect God's will for your life?
3.	How will you rely on God to establish these habits?







Day 14: 🛠 Building Godly Habits

## **Journaling Prompts**

L. List habits you want to develop or break.	
2. Journal a plan for cultivating discipline in these areas.	
3. Pray for God's help in creating and sustaining these habits.	







Day 14: K Building Godly Habits

#### Prayer for Today

Father, I commit my efforts to You and ask for Your strength to form godly habits. Help me persevere even when discipline is difficult. May the habits I build honor You and lead to a harvest of righteousness and peace. Establish my plans by Your Spirit. In Jesus' Name, Amen. & 🙏 💪

















#### Your Verse

Psalm 1:2-3 - Delight in the law of the Lord, and meditate on it day and night.

#### **Supporting Scriptures**

- Proverbs 3:5-6 Trust in the Lord with all your heart and lean not on your own understanding.
- Lamentations 3:25 The Lord is good to those who wait for Him.







# Devotional: Choosing Patience One Moment at a Time

**Self-control is exercised through countless daily decisions.** The psalmist points us to delighting and meditating on God's law continually, grounding us in His wisdom and patience.

Trusting God in each moment helps us choose rightly over impulsiveness. Waiting on the Lord is not passive but a hopeful, active trust that strengthens self-discipline.

Today, focus on practicing patience and trust in your daily choices regarding food and habits. Use Scripture to anchor your decisions and wait on God's timing and guidance.







## Reflect and Apply

1.	How patient are you with yourself in your growth journey?
2.	What role does Scripture play in your daily choices?
3.	What does trusting God look like when you face moments of temptation?







#### **Journaling Prompts**

1.	Write about how you can incorporate more Scripture meditation daily.
2.	Reflect on how waiting on God has helped you before.
3.	Pray for patience and wisdom in daily decisions.







#### Prayer for Today

**Lord, teach me to be patient and trust You in every choice I face.** Help me to delight in Your Word and let it guide my heart and actions. Strengthen my resolve to wait on You and follow Your perfect will. In Jesus' Name, Amen.



















#### Your Verse

Ephesians 4:29 - Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up.

#### **Supporting Scriptures**

- Proverbs 18:21 The tongue has the power of life and death.
- Colossians 3:8 But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language.







#### Devotional: Guarding Your Words to Strengthen Self-Control

Our words influence our thoughts and actions profoundly. Ephesians encourages us to speak only what builds up, helping ourselves and others grow.

Proverbs declares the tongue has power—words of discouragement or indulgence can weaken resolve, while encouraging words reinforce discipline and hope.

Today, monitor your self-talk and conversations related to food and self-control. Choose words that empower and align with God's truth. This discipline strengthens your heart and mind against gluttony.







## Reflect and Apply

	What kinds of words do you often speak about yourself and your struggles?
2.	How can positive, truthful speech support your growth?
3.	Are there relationships that encourage or discourage your self-control?







## **Journaling Prompts**

1.	Record negative self-talk and rewrite it with God's truth.
2.	Write encouraging affirmations for yourself.
3.	Pray for wisdom to speak life in all your interactions.







#### Prayer for Today

Father, help me use my words to build up and encourage. Guard my tongue from negativity and lies that weaken me. Fill my mouth with truth, grace, and strength to overcome temptation and grow in self-control. In Jesus' Name, Amen.















#### Your Verse

2 Corinthians 4:18 – So we fix our eyes not on what is seen, but on what is unseen.

#### **Supporting Scriptures**

- Matthew 6:20 Store up for yourselves treasures in heaven.
- Hebrews 12:1 Let us run with perseverance the race marked out for us.







#### Devotional: Motivated by Heavenly Perspective

Focusing on temporary pleasures often fuels gluttony, but Scripture calls us to set our hearts on eternal things. Paul urges believers to fix their eyes on what is unseen—the eternal glory ahead.

Jesus teaches us to store treasures in heaven where moth and rust cannot destroy. Hebrews encourages perseverance in the race, keeping our eyes on the ultimate prize.

Today, think about how eternal reward can motivate your daily self-control. Let heavenly perspective reshape your desires and fuel your discipline.







## Reflect and Apply

	How often do you pause to consider eternal rewards over temporary pleasures?
2.	In what ways can focusing on heaven influence your habits?
3.	What motivates you most: immediate gratification or lasting fruit?







## **Journaling Prompts**

1.	Describe what eternal rewards mean to you personally.
2.	Journal how a heavenly perspective might change your daily choices.
3.	Pray for a heart that longs for what lasts forever.







#### Prayer for Today

Lord, help me fix my eyes on eternal treasures, not earthly desires. May this heavenly perspective empower me to resist temptation and persevere in self-control. Strengthen my faith as I run the race You have set before me, focusing on Your glory. In Jesus' Name, Amen. 💸 🙏 🎮









## Day 18: SP Embracing God's Love









Day 18: W Embracing God's Love

#### Your Verse

1 John 4:19 - We love because He first loved us.

#### **Supporting Scriptures**

- Romans 8:38-39 Nothing can separate us from God's love.
- Ephesians 3:17-19 Know the love of Christ that surpasses knowledge.







#### Devotional: Love as the Foundation for Growth

God's love is the foundation that motivates and sustains our growth. John reminds us that our ability to love and live rightly flows from His prior love for us.

Paul assures believers nothing can separate us from God's overwhelming love, which fills us with hope and courage for lasting change.

*Today, rest in God's love as you pursue self-control.* Let His love free you from shame and fuel your commitment to growth with grace and joy.







# Reflect and Apply

How does God's love encourage you in your struggles?
In what ways can embracing His love reduce shame around gluttony?
How can you extend God's love to yourself during growth challenges?







# **Journaling Prompts**

1.	Write about moments when you felt deeply loved by God.
2.	Journal how God's love changes your view of self-discipline.
3.	Pray for a deeper experience of God's love today.







## Prayer for Today

Father, thank You for loving me first and unconditionally. Help me to accept Your love fully and let it empower my journey of growth and self-control. Replace shame with grace and fill me with joy as I follow You. In Jesus' Name, Amen.









# Day 19: 6 Setting Godly Goals









Day 19: **③** Setting Godly Goals

#### Your Verse

Philippians 3:14 – I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

#### **Supporting Scriptures**

- 2 Corinthians 5:7 We live by faith, not by sight.
- Hebrews 12:2 Fixing our eyes on Jesus, the pioneer and perfecter of faith.







Day 19: **( )** Setting Godly Goals

## Devotional: Purposeful Steps Toward Growth

**Growth requires clear goals aligned with God's call.** Paul's example shows relentless focus on the prize of Christ's calling.

Living by faith means trusting God beyond what is visible and setting godly goals both big and small.

Today, prayerfully evaluate your goals related to overcoming gluttony and growing in self-control. Set purposeful, Scripture-based objectives and keep your focus on Jesus, the source of your strength.







Day 19: **(3)** Setting Godly Goals

# Reflect and Apply

1.	What goals have you set in your journey toward self-control?
2.	Are these goals grounded in faith and God's Word?
3.	How can you keep your eyes fixed on Jesus daily?







Day 19: **(3)** Setting Godly Goals

# **Journaling Prompts**

1.	Write down specific, achievable goals for growth.
2.	Journal your faith journey and reliance on God in goal-setting.
3.	Pray for focus and perseverance to achieve these goals.







Day 19: **③** Setting Godly Goals

## Prayer for Today

**Lord, help me to set and pursue godly goals with faith and focus.** May I run this spiritual race with my eyes fixed on Jesus, relying on Your strength and guidance. Give me perseverance to press on toward the prize You have prepared. In Jesus' Name, Amen.

















#### Your Verse

Psalm 126:3 - The Lord has done great things for us, and we are filled with joy.

#### **Supporting Scriptures**

- 1 Thessalonians 5:18 Give thanks in all circumstances.
- Philippians 4:4 Rejoice in the Lord always.







#### Devotional: Joy in God's Faithfulness

**Recognizing progress fuels motivation and honors God.** The psalmist rejoices in the great things the Lord has done, encouraging us to celebrate even small victories.

Paul exhorts us to give thanks and rejoice always, cultivating a joyful spirit through all stages of growth.

Today, look back and celebrate the ways God has helped you grow in self-control. Express gratitude and joy, allowing these emotions to inspire continued perseverance.







# Reflect and Apply

1.	What victories, small or large, have you experienced recently?
2.	How does gratitude affect your attitude toward growth?
3.	In what ways can joy strengthen your ongoing journey?







# **Journaling Prompts**

1.	List recent accomplishments and moments of grace.
2.	Write a prayer of thanksgiving celebrating God's work in you.
3.	Journal about how joy lifts your spirit in challenge.







## Prayer for Today

Thank You, Lord, for the great things You have done in my life. I rejoice in Your faithfulness and celebrate progress, knowing You guide each step. Fill me with joy and gratitude to fuel my ongoing growth in self-control. In Jesus' Name, Amen. ( )

















Day 21: 💋 Perseverance for a Lifetime

#### Your Verse

Hebrews 12:1-2 - Let us run with perseverance the race marked out for us, fixing our eyes on Jesus.

#### **Supporting Scriptures**

- Galatians 6:9 Let us not become weary in doing good, for at the proper time we will reap a harvest.
- Isaiah 40:31 Those who hope in the Lord will renew their strength.







Day 21: **B** Perseverance for a Lifetime

# Devotional: Enduring Growth Through Christ's Strength

Our journey toward growth in self-control is lifelong. Hebrews urges us to run with perseverance, fixing our eyes on Jesus as the source and perfecter of our faith.

Paul encourages believers not to tire of doing good, promising a harvest in God's perfect timing. Isaiah offers hope and strength for all who rely on the Lord.

Today, commit to persevering beyond this study, trusting Christ to sustain you. Fix your eyes on Him daily and embrace the long-term journey with courage and faith.







Day 21: 💋 Perseverance for a Lifetime

## Reflect and Apply

1.	How will you continue to pursue self-control after this study ends?
2.	What helps you stay focused on Jesus amid challenges?
3.	What promises from God encourage you to persevere?







Day 21: 💋 Perseverance for a Lifetime

# **Journaling Prompts**

1.	Write a commitment statement for ongoing growth.
2.	Journal fears or concerns about the future, surrendering them to God.
3.	Pray for renewed strength and faith to persevere.







Day 21: **B** Perseverance for a Lifetime

## Prayer for Today

**Jesus, I commit to running the race with perseverance.** Help me fix my eyes on You, trusting You to renew my strength each day. May I not grow weary but continue doing good, celebrating the harvest You will bring in Your perfect timing. In Your Name, Amen. **2** 







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