# Mastering Self-Control: A Man's Journey



Seven days to empower men to grow in self-control, mastering eating, money, and emotions through the fruit of the Spirit.





#### Table of contents

Introduction	3
Day 1:  The Foundation of Self-Control	4
Day 2: Mastering Self-Control Over Eating	10
Day 3: 5 Exercising Self-Control with Money	16
Day 4:  Mastering Emotions Through Self-Control	22
Day 5: Persevering in Self-Control	28
Day 6: C Encouraging Accountability and Support	34
Day 7: B Living Daily by the Spirit's Fruit	40







#### Introduction

Welcome to a transformative journey designed especially for men seeking mastery over their lives through self-control. Self-control is a vital fruit of the Spirit that enables us to live purposeful, disciplined, and spiritually healthy lives. From the way we manage our eating habits, handle our finances, to how we regulate our emotions—self-control lays the foundation for true freedom and godly living.

In this Bible study plan, you will explore practical and biblical insights unlocking the power of self-control as taught in Scripture. The Apostle Paul reminds us in Galatians 5:22–23 that self-control is a fruit of the Spirit—meaning it is cultivated through a daily walk with God, not merely personal effort. This journey will equip you to lean on the Holy Spirit's power rather than your own willpower, enabling lasting change.

Each day we will focus on an area where self-control is often challenged—food, money, and emotions—offering biblical truths, reflection questions, and prayer to help you live balanced and victorious. Embrace this season of growth and commitment as you master self-control in every area of your life, glorifying God through your discipline and character.

















#### Your Verse

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

#### **Supporting Scriptures**

- 2 Timothy 1:7 "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."
- Proverbs 25:28 "Like a city whose walls are broken through is a person who lacks self-control."







#### Devotional: Self-Control: Rooted in the Spirit's Power

Self-control is not just about saying no; it's about surrendering completely to the Spirit of God. As men, we often face pressures that challenge our ability to control impulses and emotions. The Apostle Paul describes self-control as a fruit of the Spirit, meaning that it springs from a close relationship with God. Unlike a rule-bound attempt at discipline, true self-control flows from dependence on the Holy Spirit's power within us.

Imagine your heart as a city with walls—self-control is the protection that keeps you safe from the destructive forces of temptation and impulsivity. Without it, emotions, habits, or addictions can break through and destroy peace and purpose.

Ask yourself: Where do I need the Spirit's power to strengthen my self-control? This foundational truth prepares your heart to pursue mastery in all areas under God's guidance.







## Reflect and Apply

1.	How have you experienced self-control as a fruit of the Spirit in your life?
2.	In what ways do you try to control yourself apart from God's help?
3.	What areas feel like "broken walls" in need of spiritual protection?







### **Journaling Prompts**

1.	List moments recently where you struggled with self-control.
	Write about how relying on the Holy Spirit differs from relying on your own strength.
3.	Describe what self-control would look like in your daily life.







#### **Prayer for Today**

**Lord God,** I acknowledge my need for Your Spirit to cultivate true self-control within me. Help me depend not on my willpower but on Your power. Strengthen my inner man to resist temptation and to live disciplined lives that honor You. Guard my heart and mind, and teach me to trust Your guidance daily. *In Jesus' name, Amen.*







# Day 2: Mastering Self-Control Over Eating









Day 2: [C] Mastering Self-Control Over Eating

#### Your Verse

1 Corinthians 10:31 – "So whether you eat or drink or whatever you do, do it all for the glory of God."

#### **Supporting Scriptures**

- Proverbs 23:20–21 "Do not join those who drink too much wine or gorge themselves on meat... for drunkards and gluttons become poor."
- Philippians 4:5 "Let your moderation be known unto all men."







Day 2: [C] Mastering Self-Control Over Eating

#### Devotional: Honoring God by Eating with Discipline

What we put into our bodies often reflects the state of our self-control. Eating is a basic necessity, but when it spirals into overindulgence or unhealthy habits, it can weaken not only our physical health but also our spiritual walk.

The Apostle Paul reminds us to do everything—especially eating and drinking—for God's glory. Self-control in this area means setting healthy boundaries and honoring God with stewardship of the body He has given us.

Ask yourself: Am I glorifying God through the way I manage my eating habits? Whether it's overeating, emotional eating, or poor food choices, self-control guided by the Spirit helps us respect our bodies as temples of the Holy Spirit (1 Corinthians 6:19).

Today, commit to honoring God in your daily eating practices, seeking His strength to say no to excess and yes to moderation and gratitude.







Day 2: Mastering Self-Control Over Eating

## Reflect and Apply

1.	How does your current eating reflect your level of self-control?
	Do you find any emotional or spiritual reasons fueling unhealthy eating habits?
3.	What practical steps can you take to glorify God through your diet?







Day 2: Mastering Self-Control Over Eating

### **Journaling Prompts**

1.	Journal your current eating habits without judgment.
	Write three scripture verses that can encourage you toward self-control in eating.
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	Plan one practical change you can make this week to improve your eating discipline.
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Day 2: [C] Mastering Self-Control Over Eating

#### Prayer for Today

**Father,** help me to honor You with the ways I eat and drink. Strengthen my will to practice self-control and moderation. Let my body be a reflection of Your grace, not temptation or excess. Guide me to be a good steward of the health You have entrusted to me. May every meal glorify You. *Amen.* \(\bigcirc)







# Day 3: **(5)** Exercising Self-Control with Money









Day 3: 5 Exercising Self-Control with Money

#### Your Verse

Proverbs 21:20 – "The wise store up choice food and olive oil, but fools gulp theirs down."

#### **Supporting Scriptures**

- Hebrews 13:5 "Keep your lives free from the love of money and be content with what you have."
- Luke 16:10 "Whoever can be trusted with very little can also be trusted with much."







Day 3: 5 Exercising Self-Control with Money

# Devotional: Wisdom and Discipline in Financial Stewardship

Money is a powerful force that tests a man's self-control continually. God calls us to be wise stewards, managing resources generously and responsibly rather than giving in to impulsive spending or greed.

Proverbs teaches us that the wise store and plan, while the foolish waste. Self-control in finances is not about scarcity but about trusting God enough to live with contentment and discipline.

Reflect: Does your financial management reflect contentment or the love of money? Are you trusting God to supply your needs? When we align our money habits with godly principles, we protect our hearts from anxiety and build foundations for generosity.

Today, ask God for wisdom and strength to master your financial impulses and to honor Him through your money.







Day 3: 🖔 Exercising Self-Control with Money

### Reflect and Apply

Where have you experienced challenges maintaining financial self-control?
How does your heart view money—as a tool, a source of security, or an idol?
What biblical principles can you apply to improve your money management?







Day 3: 🖔 Exercising Self-Control with Money

### **Journaling Prompts**

1.	Write about your current financial habits and attitudes.
2.	List ways God has provided for you in the past.
3.	Set one financial goal that reflects stewardship and self-control.







Day 3: 5 Exercising Self-Control with Money

#### Prayer for Today

**Lord,** teach me to manage my finances with wisdom and self-control. Help me to resist the temptation to overspend or hoard. May I be content in Your provision and generous with what You have given. Grant me discipline and trust in Your faithful hand. Amen.















#### Your Verse

James 1:19-20 - "Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires."

#### **Supporting Scriptures**

- Proverbs 16:32 "Better a patient person than a warrior, one with self-control than one who takes a city."
- Ephesians 4:26–27 "'In your anger do not sin': Do not let the sun go down while you are still angry."







# Devotional: Strength in Patience and Controlled Emotions

**Emotional self-control is a vital part of a man's spiritual maturity.** Our feelings can be powerful and confusing, but Scripture encourages us to be patient, slow to anger, and controlled in expressing our emotions.

James highlights the importance of listening and restraint, reminding us that uncontrolled anger disrupts our relationship with God and others. True mastery over emotions reflects strength, not weakness.

Examine your emotional patterns honestly. In which situations do you struggle to maintain control? How can you depend on the Holy Spirit to respond in godly ways? With God's help, patience and gentleness can become your default mode.

Step forward today with a commitment to govern your emotions under the Lordship of Christ.







## Reflect and Apply

1.	What emotions are hardest for you to manage?
2.	How have unchecked emotions affected your relationships or testimony?
3.	What role does prayer and Scripture play when emotions rise?







### **Journaling Prompts**

1.	Write down a recent emotional situation and how you responded.
2.	Identify biblical ways to improve your emotional responses.
3.	Create a prayer asking God to develop emotional self-control.







#### Prayer for Today

**Dear God,** grant me patience and help me control my emotions according to Your will. When anger or frustration arises, teach me to respond with wisdom and gentleness. Lead me in Your peace and harmony to reflect Your character. *Amen.*

















Day 5: Persevering in Self-Control

#### Your Verse

Hebrews 12:1 - "Let us run with perseverance the race marked out for us."

#### **Supporting Scriptures**

- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."
- Philippians 3:13–14 "Forgetting what is behind and straining toward what is ahead... I press on toward the goal."







Day 5: Persevering in Self-Control

# Devotional: Running the Race of Self-Control with Endurance

Mastering self-control is a lifelong race that requires perseverance. It's natural to stumble or grow weary, but God's grace is sufficient to sustain us.

Hebrews encourages us to run this race with endurance, looking to Jesus as our model. When self-control falters, His power is made perfect in our weakness, enabling us to rise and continue pressing forward.

Consider areas where your self-control has been challenged repeatedly. How can God's grace empower you to persevere? Embrace today as a fresh opportunity to press on toward the goal set before you.







Day 5: 🔽 Persevering in Self-Control

### Reflect and Apply

1.	Where have you felt discouraged in your pursuit of self-control?
2.	How have you experienced God's strength when you feel weak?
3.	What motivates you to keep pressing forward?







Day 5: 🔽 Persevering in Self-Control

#### **Journaling Prompts**

1.	Write about a time you overcame a self-control struggle with God's help.
2.	List scriptures that encourage perseverance.
3.	Set a spiritual goal related to sustained self-control.







Day 5: **Y** Persevering in Self-Control

#### Prayer for Today















#### Your Verse

Ecclesiastes 4:9-10 - "Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up."

#### **Supporting Scriptures**

- Proverbs 27:17 "As iron sharpens iron, so one person sharpens another."
- Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."







#### Devotional: The Strength of Brotherly Accountability

Self-control is easier to maintain when men walk together in accountability and support. God designed us for community, not isolation. When struggles arise, having brothers in Christ to encourage, correct, and pray with is invaluable.

Ecclesiastes reminds us that two can help each other rise, and Proverbs shows that fellowship sharpens our character. Accountability is not about judgment but mutual love to help each other stay faithful.

Reflect on your current support networks. Who helps you stay strong in self-control? How can you invest in or invite accountability? Commit today to strengthening your brotherhood for growth in godly discipline.







## Reflect and Apply

1.	Who encourages you to exercise self-control?
2.	Do you allow others to speak truth into your life?
3.	How can you be a better support for others?







### **Journaling Prompts**

1.	List men you respectfully trust for accountability.
2.	Write about ways you can foster honest friendships.
3.	Pray over the relationships that influence your spiritual growth.







#### Prayer for Today

**Father,** thank You for the gift of brothers who walk beside me. Help me to be humble and open to accountability, and empower me to support others in their struggles. May we sharpen one another for Your glory. *Amen.*  $\heartsuit$   $\clubsuit$ 







# Day 7: B Living Daily by the Spirit's Fruit









Day 7: 💋 Living Daily by the Spirit's Fruit

#### Your Verse

Galatians 5:16 - "So I say, walk by the Spirit, and you will not gratify the desires of the flesh."

#### **Supporting Scriptures**

- Romans 8:13 "If by the Spirit you put to death the misdeeds of the body, you will live."
- John 15:5 "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit."







Day 7: B Living Daily by the Spirit's Fruit

# Devotional: Abiding in the Spirit for Lasting Self-Control

The ultimate key to mastering self-control is to continually walk by the Spirit. This daily surrender keeps fleshly desires in check and produces godly fruit in your life.

Paul teaches us that the Spirit empowers us not to gratify destructive desires but to live victoriously. Jesus, the true Vine, asks us to remain in Him so our lives naturally bear fruit, including self-control.

Today, evaluate your relationship with the Holy Spirit. How intentional are you about abiding in Christ and inviting His work in your heart? A Spirit-led life brings freedom, strength, and mastery over all areas.

Commit to daily dependence on the Spirit as your source of true self-control and victory.







Day 7: But Living Daily by the Spirit's Fruit

## Reflect and Apply

1.	What does walking by the Spirit look like in your daily life?
2.	Where do you struggle to rely on the Spirit's power?
3.	How can you deepen your relationship with Christ to bear more fruit?







Day 7: But Living Daily by the Spirit's Fruit

#### **Journaling Prompts**

1.	Record your current habits for spiritual connection and growth.
2.	Write a prayer inviting the Holy Spirit to lead your self-control journey.
3.	List practical ways you can remind yourself to walk by the Spirit each day.







Day 7: 💋 Living Daily by the Spirit's Fruit

#### Prayer for Today

Holy Spirit, I invite You to fill me and lead me daily. Help me to walk closely with Jesus, bearing fruit of self-control in every area of my life. May Your power keep me from indulging fleshly desires and empower me to live for God's glory. *Amen.*







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