

**The Ultimate Christmas Survival Kit**  
**“How to Remove Cookies from your Thighs”**

**(SHOW THE CHRISTMAS COOKIES)**

**A. CHRISTMAS IS A WONDERFUL HOLIDAY, BUT THANK GOD FOR JANUARY.**

1. New years resolutions. AND MY NEW YEARS RESOLUTION IS ALWAYS TO CUT BACK ON THE FAT FROM CHRISTMAS.

**ILL: (TALK ABOUT THE CHRISTMAS COOKIES) (HOW GOOD THEY LOOK) (SWEET AND SUGARY)**

**THERE’S ONLY ONE HEALTHY AND GOOD WAY TO REMOVE FAT**

**SURVIVAL KIT – EXERCISE – (WEIGHTS)**

**TO REMOVE UNWANTED FAT OFF OF OUR BODY – EXERCISE**

**A. EXERCISE REQUIRES WORK, TIME, ENERGY, AND willpower**

1. **TIME** we can give, **ENERGY** we can give, BUT **WILLPOWER**.
2. WE have **WILLPOWER** to do what we want but to actually have willpower to do things that are good for us.

**WILLPOWER TAKES:**

**SELF CONTROL**

**Galatians 5:22-23 (NIV)**

**But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.**

**ILL: Now among these cookies are my favorite cookies in the world. OREOS – ONCE I START I CAN’T STOP I HAVE NO SELF CONTROL**

**Proverbs 25:28 (NIV)**

**Like a city whose walls are broken down is a man who lacks self-control.**

**A. WITHOUT WALLS A CITY WAS VULNERABLE TO THE ENEMIES ATTACKS.**

1. When we lack self-control in our lives we're making ourselves vulnerable to the devils ATTACKS.

**B. MARRIAGES – GOD HAS GIVEN US ONE OF THE GREATEST TOOLS TO BUILD STRONG WALLS AROUND OUR MARRIAGES.**

1. AND THAT'S THE BEDROOM.

2. Paul was talking to the church in Corinth about the importance of sex.

3. **WHY?** That's one of the things that keep the walls strong around a marriage.

**1 Corinthians 7:5 (NIV)**

**Do not deprive each other except by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control.**

**C. SCRIPTURES ARE SAYING THAT THERE IS TO BE A MUTUAL OWNERSHIP OF EACH OTHER'S BODY IN MARRIAGE.**

1. I want you to note something. Paul forcefully brings this statement out.

2. Throughout society too many marriages have dissatisfying sexual relationships.

3. Seeking sexual satisfactions elsewhere has become a common place.

4. God is clear and forceful in His instructions.

5. And what He has to say in these few verses could go a long way in solving many of the problems existing in so many marriages.

**AND I COULD GO ON ABOUT THIS, BUT I'LL LEAVE IT FOR OUR DATING & MARRIAGE SERIES.**

**1 Corinthians 7:5 (NIV)**

**Then come together again so that Satan will not tempt you because of your lack of self-control.**

6. WALLS IN MARRIAGES ARE BREAKING DOWN BECAUSE OF A LACK OF SELF-CONTROL.

**ILL: I LOVE OREO COOKIES SO MUCH BUT I KNOW THEY'LL PUT FAT ON MY THIGHS.**

**I KNOW - I'LL GET LOW-FAT OREOS THEN I CAN GET MORE**

**JUST BECAUSE THE COOKIES ARE LOWFAT DOESN'T MEAN THEY'RE STILL GOOD FOR ME**

**BUT WE EAT MORE AND MORE TO SEE HOW MUCH WE CAN EAT WITHOUT GOING OVER THE EDGE.**

**1 Corinthians 6:12 (NIV)**

**"Everything is permissible for me"--but not everything is beneficial.  
"Everything is permissible for me"--but I will not be mastered by anything.**

1. Without the right guidance and directions in our lives there becomes a LACK OF SELF-CONTROL.

**ILL: READ ACTICLE**

2. **I'M NOT SAYING FOR ONE MINUTE THAT THIS HAPPENED BECAUSE OF THE LACK OF PARENTAL GUIDANCE.**

3. **AND I'M NOT SAYING THAT THIS HAPPENED BECAUSE OF HALO.**

4. **COULD IT BEEN – HE HAD TOO MUCH FREEDOM TO DO WHAT HE WANTED.**
5. **SOME PARENTS ARE QUICK TO SAY, “MY KIDS AREN’T GOING TO DATE UNTIL THEIR 34 ½ .**
6. **INSTEAD OF GIVEN THEM GODLY DIRECTION AND ADVICE.**

## **SELF-CONTROL TAKES WILLPOWER**

### **Conclusion:**

- A. **Some might be saying, “you don’t understand what I have to deal with in life”**
  1. **“I don’t think I have enough will power to go forward.”**

**VIDEO – WILLPOWER  
CUE - PASTOR**