Personal Discipline





- I. SELF-CONTROL DESERVES PRIORITY
- II. SELF-CONTROL DISPLAYS MATURITY
- III. SELF-CONTROL DEEPENS DISCIPLINE
- IV. SELF-CONTROL DEMANDS STRATEGY
 - A. Ask for the Holy Spirit's Help
 - B. Adjust Your Thoughts
 - C. Acquire New Habits
 - D. Avoid Tight Spots
 - E. Accept the Process