

**Proverbs 25:28**

*"Whoever has no rule over his own spirit is like a city broken down, without walls."*

**Galatians 5:22-23**

*"But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law."*

**2 Timothy 1:7**

*"For God has not given us a spirit of fear, but of power and of love and of a sound mind."*

**1 Corinthians 9:25**

*"And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown."*

**Titus 2:11-12**

*"For the grace of God that brings salvation has appeared to all men, teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly in the present age."*

**James 1:19-20**

*"So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God."*

**2 Peter 1:5-6**

*"But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness."*

**Romans 12:2**

*"And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."*

**Proverbs 16:32**

*"He who is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city."*

**1 Peter 4:7**

*"But the end of all things is at hand; therefore be serious and watchful in your prayers."*



**Colossians 3:5**

*"Therefore put to death your members which are on the earth: fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry."*

**1 Corinthians 6:12**

*"All things are lawful for me, but all things are not helpful. All things are lawful for me, but I will not be brought under the power of any."*

**Ephesians 4:26-27**

*"Be angry, and do not sin: do not let the sun go down on your wrath, nor give place to the devil."*

**Proverbs 13:3**

*"He who guards his mouth preserves his life, but he who opens wide his lips shall have destruction."*

**Psalms 141:3**

*"Set a guard, O Lord, over my mouth; keep watch over the door of my lips."*

**Matthew 26:41**

*"Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak."*

**1 Thessalonians 5:6**

*"Therefore let us not sleep, as others do, but let us watch and be sober."*

**Philippians 4:5**

*"Let your gentleness be known to all men. The Lord is at hand."*

**Ecclesiastes 7:9**

*"Do not hasten in your spirit to be angry, for anger rests in the bosom of fools."*

**Luke 21:34**

*"But take heed to yourselves, lest your hearts be weighed down with carousing, drunkenness, and cares of this life, and that Day come on you unexpectedly."*