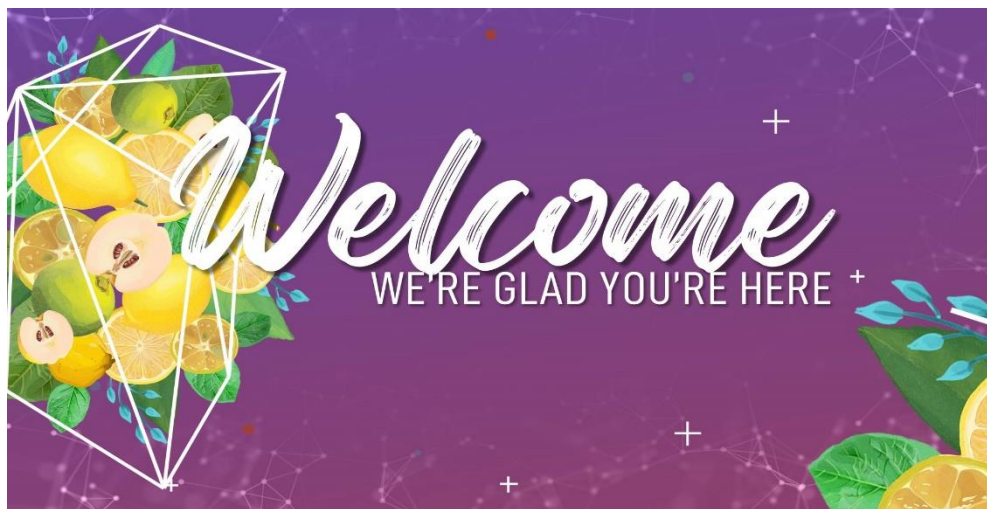
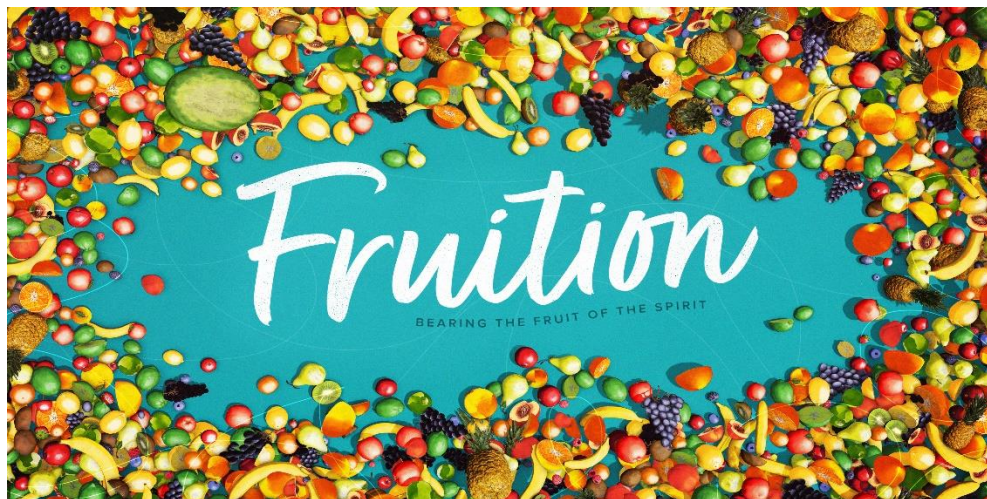




WELCOME TO CEC..... Pastor Phill
SINGING TOGETHER Praise is rising
Holy, holy (lift up His name)

PRAYER
SINGING TOGETHER Endless Hallelujah
UPDATES Pastor Phill
SINGING TOGETHER Yet not I but Christ in me
BIBLE READING Romans 7:7-25 (Church Bible page 1185)
MESSAGE Taught by Pastor Phill
SINGING TOGETHER There is power in his name (The same power)



How to get control of ourselves. (The fruit of self-control) Romans 7:7-25

'But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.' Galatians 5:22 NIV

'A man without self-control is as defenceless as a city with broken-down walls.' Proverbs 25:28 LB

1. I must admit that I am _____.

'I do not understand what I do. For what I want to do, I do not do, but what I hate, I do... For I have the desire to do what is good, but I cannot carry it out. For what I do is not the good I want to do; no, the evil I do not want to do – this I keep on doing.' Romans 7:15, 17-19 NIV

'When the Holy Spirit controls our lives, He will produce this kind of fruit in us love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.' Galatians 5:22-23 NLT

2. I must admit that my life is _____ and _____.

'My dishonesty made me miserable and filled my days with frustration.'
Psalm 32:3 LB

3. I must surrender to a power that is _____ than myself, to the power of _____.

'We were really crushed and overwhelmed, and feared we would never live through it. We felt we were doomed to die and saw how powerless we were to help ourselves; but that was good, for then we put everything into the hands of God, who alone could save us, for he can even raise the dead. And he did help us.' 2 Corinthians 1:8-9 LB

'So if the son sets you free, you will indeed be free.' John 8:36 NLT

'Have you lost your senses? After starting your Christian lives in the Spirit, why are you now trying to become perfect by your own human effort?'
Galatians 3:3 NLT

4. I must _____ on the support of others.

'Confess your sins to each other and pray for each other so that you may be healed.' James 5:16 NLT

'Fools think they need no advice, but the wise listen to others.'
Proverbs 12:15 NLT

**5. I must _____ with the help I myself
have received.**

'He, [God] comforts us in all our troubles so that we can comfort others.' 2
Corinthians 1:4 NLT



SMALL GROUP SERMON DISCUSSION

There are no *Talk It Over* discussion questions this week as all Life Groups are having a break over the summer.
Life Groups return on 19 September.



Watch and listen to the message again, or an archived message by going to www.youtube.com/cowplainchurch.