



*Pastors Tony and Susan Alamo
photo taken 1972*

THE ART OF SELF CONTROL

Written in 2009

by Tony Alamo aka Bernie Hoffman

If you are a follower of the LORD JESUS CHRIST, you have to be determined and committed to consistently walk by the leading of the HOLY SPIRIT. If you desperately want to be led by the HOLY SPIRIT, HE will do it.¹

“Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge HIM, and HE shall direct thy paths” (Proverbs 3:5-6).

We must fight our own defiant will or nature, because our flesh, our will, tends to follow the devil rather than the LORD. Our spirit is saved when we become born again of the SPIRIT of GOD,² but our flesh, and our mind, will, and emotions cannot be saved, so they must be kept in line by us.³ The Apostle Paul said, “But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a cast-away” (1 Corinthians 9:27).

Paul also stated, “Walk in the SPIRIT, and ye shall not fulfil the lust of the flesh. For the flesh lusteth against the SPIRIT, and the SPIRIT against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would. But if ye be led of the SPIRIT, ye are not under the law” (Galatians 5:16-18).

“There is therefore now no condemnation to them which are in CHRIST JESUS, who walk not after the flesh, but after the SPIRIT. For the law of the SPIRIT of life in CHRIST JESUS hath made me free from the law of sin and death. For what the law could not do, in that it was weak through the flesh, GOD sending HIS own SON in the likeness of sinful flesh, and for sin, condemned sin in the flesh: That the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the SPIRIT. For they that are after the flesh do mind the things of the flesh; but they that are after the SPIRIT the things of the SPIRIT. For to be carnally minded is death; but to be spiritually minded is life and peace. Because the carnal mind is enmity against GOD: for it is not subject to the law of GOD, neither indeed can be. So then they

that are in the flesh cannot please GOD. But ye are not in the flesh, but in the SPIRIT, if so be that the SPIRIT of GOD dwell in you. Now if any man have not the SPIRIT of CHRIST, he is none of HIS. And if CHRIST be in you, the body is dead because of sin; but the SPIRIT is life because of righteousness” (Romans 8:1-10).

This is a matter of self-discipline. Only if we discipline ourselves will the HOLY SPIRIT, who is the COMFORTER,⁴ be able to work through us and help us to fulfill our destiny. When we decide to do this, the devil will attempt to stop our progress with confusion, persecution, temptations, depression, and many other attacks. He will do anything he can to pull you down and out of the self-disciplined life which honors GOD as your LORD

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1 Deut. 30:19-20, Josh. 24:14-15, 1 Chron. 28:9, Jer. 29:12-14, Matt. 5:2-6, 7:7-8, 10:38, 16:24-25, Rev. 22:17 2 John 3:3-8, Rom. 5:8-9, 2 Cor. 5:14-21, Eph. 2:11-22, Col. 1:12-23, 3:9-11, Heb. 9:11-12, 1 Pet. 1:18-23 3 Rom. 7:5, 13-25, 8:1, 3-9, 12-13, 12:1-2, 13:14, Gal. 5:16-17, 19-21, 1 Pet. 4:1-2, 1 John 2:15-17 4 John 14:15-26, 15:26, 16:7-15

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and SAVIOR. The devil knows that disciplining yourself is your victory. So you must be extra alert, extra determined, when this happens to you.

First Peter 5:8-9 warns us to “Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: Whom resist steadfast in the faith, knowing that the same afflictions are accomplished [but have been mastered] in your brethren that are in the world.”

“This know also, that in the last days [in which we now live] perilous times shall come. For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, Without natural affection, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good, Traitors, heady, highminded, lovers of pleasures more than lovers of

GOD; Having a form of godliness, but denying the power thereof: from such turn away” (2 Timothy 3:1-5). This is the opposite of self-denial, that we are commanded to walk in. JESUS “said to them all, If any man will come after ME, let him deny himself, and take up his cross daily, and follow ME. For whosoever will save his life shall lose it: but whosoever will lose his life for MY sake, the same shall save it” (Luke 9:23-24).

“But, beloved, remember ye the words which were spoken before of the apostles of our LORD JESUS CHRIST; How that they told you there should be mockers in the last time, who should walk after their own ungodly lusts. These be they who separate themselves, sensual, having not the SPIRIT. But ye, beloved, building up yourselves on your most holy faith, praying in the HOLY SPIRIT, Keep yourselves in the love of GOD, looking for the mercy of our LORD JESUS CHRIST unto eternal life” (Jude 1:17-21).

Ephesians 4:27 commands us, “Neither give place to the devil.” James 4:7 states, “Submit yourselves therefore to GOD. Resist the devil, and he will flee from you.” If you are able to rule yourself, you will have won the biggest battle you will ever fight. James 4:8 tells us to draw nigh to GOD, and HE will draw nigh to us.

First Peter 4:1-2 states, “Forasmuch then as CHRIST hath suffered for us in the flesh, arm yourselves likewise with the same mind: for he that hath suffered in the flesh hath ceased from sin; That he no longer should live the rest of his time in the flesh to the lusts of men, but to the will of GOD.”

Time flies by very fast. All too soon it is time to leave this world.⁵ We need to discipline ourselves early in life.⁶ King Solomon, the wisest man in the world,⁷ wrote, “Remember now thy CREATOR in the days of thy youth, while the evil days come not, nor the years draw nigh, when thou shalt say, I have no pleasure in them; While the sun, or the light, or the moon, or the stars, be not darkened, nor the clouds return after the rain: In the day when the keepers of the house shall tremble, and the strong men shall bow themselves, and the grinders cease because they are few, and those that look out of the windows be darkened, And the doors shall be shut in the streets, when the sound of the grinding is low, and he shall rise up at the voice of the bird, and all the daughters of music shall be brought

⁵ Psa. 103:15-16, James 1:10-11, 4:14, 1 Pet. 1:24-25
⁶ Eccl. 11:9-10 ⁷ 1 Kings 4:29-30, 34, 5:12, 10:23-24, 2 Chron. 1:11-12, 9:22



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I listen to your program on both Radio East Africa and Radio Africa 2. They have both taught me how to understand the Bible in general. Please send me some literature.

In His holy name,
Collins U.

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Dear Tony Alamo Ministries,

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In Christ Jesus,
Mr. A.

Accra-North, Ghana

.....

Dear Tony Alamo Ministries,

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Love in Christ,
Isaac

Accra, Ghana

Democratic Republic of the Congo

Dear Tony Alamo Christian Ministry,

We are so happy to be in a church filled with the Holy Spirit and which teaches the Word of God. It is a very important thing, and we thank God and His Son Jesus Christ for bringing you into our lives. We pray for you too.

Alain L. Democratic Republic of the Congo



low; Also when they shall be afraid of that which is high, and fears shall be in the way, and the almond tree shall flourish, and the grasshopper shall be a burden, and desire shall fail: because man goeth to his long home [Heaven or Hell], and the mourners go about the streets: Or ever the silver cord be loosed, or the golden bowl be broken, or the pitcher be broken at the fountain, or the wheel broken at the cistern.

"Then shall the dust return to the earth as it was: and the spirit shall return unto GOD who gave it. Vanity of vanities, saith the Preacher [Solomon]; all is vanity. And moreover, because the Preacher was wise, he still taught the people knowledge; yea, he gave good heed, and sought out, and set in order many proverbs. The Preacher sought to find out acceptable words: and that which was written was upright, even words of truth. The words of the wise are as goads, and as nails fastened by the masters of assemblies, which are given from one shepherd. And further, by these, my son, be admonished: of making many books there is no end; and much study is a weariness of the flesh.

"Let us hear the conclusion of the whole matter [of life before we die]: Fear GOD, and keep HIS commandments: for this is the whole duty of man. For GOD shall bring every work into judgment, with every secret thing, whether it be good, or whether it be evil" (Ecclesiastes chapter 12).⁸

"Be not deceived; GOD is not mocked: for whatsoever a man soweth, that shall he also reap. For he that soweth to his flesh [allowing his flesh to control him] shall of the flesh reap corruption; but he that soweth to the SPIRIT [strengthening his spiritual life by self-control] shall of the SPIRIT reap life everlasting. And let us not be weary in well doing: for in due season we shall reap, if we faint not" (Galatians 6:7-9).

As the Apostle Paul said, we can say, "I can do all things through CHRIST which strengtheneth me" (Philippians 4:13). And, "Ye are of GOD, little children, and have overcome them [the enemies of your souls]: because greater is HE that is in you, than he that is in the world" (1 John 4:4).

Our merciful GOD has given us the indwelling HOLY SPIRIT⁹ and

Ethiopia

I'm so glad I found you. I'm really thankful to God. I really enjoy working together for the gospel. God bless your service of the Lord. And I pray for you always. I am also a minister working in the service of the Ethiopian Orthodox Reformation Church.

Zerihun G. Ethiopia, Africa

the WORD of GOD to enable us to do all HE requires.¹⁰

"This then is the message which we have heard of HIM, and declare unto you, that GOD is light, and in HIM is no darkness at all. If we say that we have fellowship with HIM, and walk in darkness, we lie, and do not the truth: But if we walk in the light, as HE is in the light, we have fellowship one with another, and the blood of JESUS CHRIST HIS SON cleanseth us from all sin. If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, HE is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness" (1 John 1:5-9).

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⁸ Ex. 20:20, Lev. 19:14, 32, Deut. 4:10, 5:29, 6:1-2, 13, 24, Josh. 4:24, 1 Sam. 12:24, Job 28:28, Prov. 15:33, 16:6, 19:23, Eccl. 8:12-13, Isa. 8:13, 33:6, Jer. 2:19, 32:39-40, Mal. 3:5, 16-17, 4:1-3, Matt. 10:28 ⁹ Rom. 5:5, 1 Cor. 6:19-20, 2 Cor. 1:21-22, 1 Thes. 4:8, 2 Tim. 1:14, Titus 3:4-6 ¹⁰ Deut. 17:18-20, Josh. 1:8, Matt. 4:4, John 8:31-32, 15:3-7, Acts 20:32, Eph. 6:11-17, Col. 3:16, 2 Thes. 2:15, 2 Tim. 2:15, 3:14-17, James 1:21, 1 Pet. 2:2

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The best thing you could ever do for yourself is to accept JESUS as your LORD and SAVIOR and follow HIM. Start now by saying this prayer to GOD:

My LORD and my GOD, have mercy upon my soul, a sinner.¹¹ I believe that JESUS CHRIST is the SON of the living GOD.¹² I believe that HE died on the cross and shed HIS precious blood for the forgiveness of all my former sins.¹³ I believe that GOD raised JESUS from the dead by the power of the HOLY SPIRIT,¹⁴ and that HE sits on the right hand of GOD at this moment hearing my confession of sin and this prayer.¹⁵ I open up the door of my heart, and I invite YOU into my heart, LORD JESUS.¹⁶ Wash all of my filthy sins away in the precious blood that YOU shed in my place on the cross at Calvary.¹⁷ YOU will not turn me away, LORD JESUS; YOU will forgive my sins and save my soul. I know because YOUR WORD, the Bible, says so.¹⁸ YOUR WORD says that YOU will turn no one away, and that includes me.¹⁹ Therefore, I know that YOU have heard me, and I know that

YOU have answered me, and I know that I am saved.²⁰ And I thank YOU, LORD JESUS, for saving my soul, and I will show my thankfulness by doing as YOU command and sin no more.²¹

After salvation, JESUS said we are to be baptized, fully submerged in water, in the name of the FATHER, and of the SON, and of the HOLY SPIRIT.²² Then study the King James Version Bible, and, for your benefit and the benefit of others, do what it says.²³

CHRIST and GOD the FATHER now live in you through the HOLY SPIRIT. There is a way you can receive a fuller portion of the divine nature of GOD in you. The more the divine nature of GOD lives in you, the more you will be able to stand against the temptations that have so easily moved so many millions of Christians away from salvation. Pray for the baptism in the HOLY SPIRIT.²⁴ For instructions on how to receive the baptism in the HOLY SPIRIT and to receive more of GOD'S holy nature, ask for our literature or call us. For without holiness, no man shall see GOD (Hebrews 12:14).

The LORD wants you to tell others of your salvation. You can become a

distributor of Pastor Tony Alamo's Gospel literature. We'll send you literature free of charge. Call or email us for more information. Share this message with someone else.

If you want the world saved, as JESUS commands, then don't rob GOD of HIS tithes and offerings. GOD said, "Will a man rob GOD? Yet ye have robbed ME. But ye say, Wherein have we robbed THEE? In tithes and offerings. Ye are cursed with a curse: for ye have robbed ME, even this whole nation [and this whole world]. Bring ye all the tithes [a 'tithe' is 10% of your gross income] into the storehouse, that there may be meat [Spiritual food] in MINE house [souls saved], and prove ME now herewith, saith the LORD of HOSTS, if I will not open you the windows of Heaven, and pour you out a blessing, that there shall not be room enough to receive it. And I will rebuke the devourer for your sakes, and he shall not destroy the fruits of your ground; neither shall your vine cast her fruit before the time in the field, saith the LORD of HOSTS. And all nations shall call you blessed: for ye shall be a delightful land, saith the LORD of HOSTS" (Malachi 3:8-12).

11 Psa. 51:5, Rom. 3:10-12, 23 12 Matt. 26:63-64, 27:54, Luke 1:30-33, John 9:35-37, Rom. 1:3-4 13 Acts 4:12, 20:28, Rom. 3:25, 1 John 1:7, Rev. 5:9 14 Psa. 16:9-10, Matt. 28:5-7, Mark 16:9, 12, 14, John 2:19, 21, 10:17-18, 11:25, Acts 2:24, 3:15, Rom. 8:11, 1 Cor. 15:3-7 15 Luke 22:69, Acts 2:25-36, Heb. 10:12-13 16 1 Cor. 3:16, Rev. 3:20 17 Eph. 2:13-22, Heb. 9:22, 13:12, 20-21, 1 John 1:7, Rev. 1:5, 7:14 18 Matt. 26:28, Acts 2:21, 4:12, Eph. 1:7, Col. 1:14 19 Matt. 21:22, John 6:35, 37-40, Rom. 10:13 20 Heb. 11:6 21 John 5:14, 8:11, Rom. 6:4, 1 Cor. 15:10, Rev. 7:14, 22:14 22 Matt. 28:18-20, John 3:5, Acts 2:38, 19:3-5 23 Deut. 4:29, 13:4, 26:16, Josh. 1:8, 22:5, 2 Tim. 2:15, 3:14-17, James 1:22-25, Rev. 3:18 24 Isa. 28:11-12, Joel 2:28-29, Luke 3:16, 11:9-13, John 1:29-34, 7:37-39, 14:15-29, 15:26, 16:7-14, Acts 1:1-8, 2:1-18, 32-39, 5:29-32, 19:1-7, Rom. 5:3-5, 15:13

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Tony Alamo Christian Ministries Worldwide • P.O. Box 2948, Hollywood, CA 90078
Twenty-four hour prayer and information line: (661) 252-5686 • Para español, llame al: (908) 937-5723
www.alamoministries.com • taoffice@alamoministries.com

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