

# SELF-CONTROL

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- ✘ *But after certain days, Felix came with Drusilla, his wife, who was a Jewess, and sent for Paul, and heard him concerning the faith in Christ Jesus. 25 And as he reasoned of righteousness, and self-control, and the judgment to come, Felix was terrified, and answered, Acts 24:24-25*
- ✘ When we hear the gospel ... before we obey it ... we should all be terrified.
- ✘ It is a fearful thing to fall into the hands of the living God ... without repentance and self-control

# WE ALL BEGIN THE SAME

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- ✘ *14 For that which I do I know not: for not what I would, that do I practice; but what I hate, that I do.*
- ✘ *18 to will is present with me, but how to perform what is good I do not find. 19 For the good that I will to do, I do not do; but the evil I will not to do, that I practice.*
- ✘ *I delight in the law of God according to the inward man. 23 But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members. O wretched man that I am! Rom 7:24-25*

# WE PUT TO DEATH... WE PUT OFF...

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- ✦ *So then, brethren, we are debtors, not to the flesh, to live after the flesh: 13 for if ye live after the flesh, ye must die; but if by the Spirit ye put to death the deeds of the body, ye shall live. Rom 8:12-13*
- ✦ *you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, 23 and be renewed in the spirit of your mind, 24 and that you put on the new man which was created according to God, in true righteousness and holiness. Eph 4:22-24*

# SELF-CONTROL – THE OLYMPICS

- ✘ *Everyone who competes in the games exercises self-control in all things. Now they do it to receive a perishable crown, but we an imperishable. 26 Therefore I run in such a way, as not without aim; I box in such a way, as not beating the air; 27 but I discipline my body and make it my slave, so that, after I have preached to others, I myself will not be disqualified. 1 Cor 9:25-27*
- ✘ **To Paul understood the need to pay the price!**
- ✘ **He wanted to be the best in achievement/reward**
- ✘ **He knew and understood what he needed to do. He exerted the self-control necessary to run, box, buffet and enslave the body.**
- ✘ **So he would not be disqualified!**

# INSTRUMENT OF SELF-CONTROL

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- ✘ *Then He said to them all, "If anyone desires to come after Me, let him deny himself, and take up his cross daily, and follow Me. 24 For whoever desires to save his life will lose it, but whoever loses his life for My sake will save it. Lk. 9:23-25*
- ✘ *And whoever does not bear his cross and come after Me cannot be My disciple. Lk. 14:27-28*
- ✘ *And he who does not take his cross and follow after Me is not worthy of Me. Mt. 10:38*
- ✘ *come, take up the cross, and follow Me. Mk. 10:21*

# PROPER USE BRINGS SELF-CONTROL

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- ✘ *I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me. Gal 2:20-21*
- ✘ *And those who are Christ's have crucified the flesh with its passions and desires. Gal 5:24-25*
- ✘ *But God forbid that I should boast except in the cross of our Lord Jesus Christ, by whom **the world** has been crucified to me, and I to the world. Gal 6:14-15*



# ARE WE MAKING EXCUSES?

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- ✘ *No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it. 1Cor 10:13*
- ✘ *Each man is tempted, when he is drawn away by his own lust, and enticed Jas. 1:14*
- ✘ *You have not yet resisted unto blood, striving against sin: Heb 12:4*



# GRACE GIVES TIME – SELF-CONTROL

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- ✘ *For the grace of God that brings salvation has appeared to all men, 12 teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly in the present age, Titus 2:11-12*
- ✘ *for if you are living according to the flesh, you must die; but if by the Spirit you are putting to death the deeds of the body, you will live. Rom. 8:13*
- ✘ **It is done day by day – one lust at a time**
- ✘ **When we fail, repent and confess and begin again**
- ✘ **There is no limit to God's forgiveness**

# UNDER GRACE – SIN HAS NO DOMINION

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- ✦ *Therefore do not let sin reign in your mortal body, that you should obey it in its lusts. 13 And do not present your members as instruments of unrighteousness to sin, but present yourselves to God as being alive from the dead, and your members as instruments of righteousness to God. 14 For sin shall not have dominion over you, for you are not under law but under grace. Rom. 6:12-14*

# WE MUST GAIN SELF-CONTROL

- *Whoever has no rule over his own spirit is like a city broken down, without walls. Pr. 25:28*
- *Regardless of our potential, without self-control, we will never reach it.*
- *And those who are Christ's have crucified the flesh with its passions and desires. Gal 5:24*
- *Are we Christ's or are we still a city without walls?*