

# Sunday, August 28, 2022

## SELF CONTROL

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Proverbs 25:28 “*A man without self control is like a city broken into and left without walls.*”

- Have I ever experienced a breach of character?
- Can you relate to losing control in an area of your life?

### Personal Testimony: My experience

• To have your integrity, purity, and character attacked is to be expected (...city broken into); to leave the attacked area in your life without a form of protection/control/walls is foolishness, and downright dangerous

Proverbs 12:1 “*Whoever loves discipline loves knowledge, but he who hates reproof is stupid.*”

2Timothy 1:7 “*For God has not given us a Spirit of fear, but of power and love and self control.*”

Revelation 3:19 “*Those whom I love I reprove and discipline, so be zealous and repent.*”

• These became realities for me, all three bearing essential points: it is simply foolish to run from a lifestyle of discipline; the Spirit that God has placed in me BY NATURE enables self control; Christ brings out the very best in those He loves by way of discipline.

**Case Study:** A group of churches in Galatia, a region of present-day Turkey.

- Made up of Gentile and Jewish believers in Jesus
- Believers were being swayed by Judaizers into believing certain works of the Law like circumcision were necessary for salvation
- Paul is shocked that they so quickly turned to a different version of the Gospel, and tells them there is no other version save through belief and acceptance purely in the work of Jesus: Galatians 1:6-9, 2:15-16,
- Galatians 3:10-14: those who do not fulfill the entire law will be cursed ... and that's all of us! Jesus fulfills that requirement by becoming the curse for us, and we find redemption, hope, salvation and the promised Holy Spirit by believing this and personally embracing it!

### Why the Need for Salvation?

• Acts 17:30-31 “*The times of ignorance God overlooked, but now he commands all people everywhere to repent, because he has fixed a day on which he will judge the world in righteousness by a man whom he has appointed; and of this he has given assurance to all by raising him from the dead.*”

Galatians Chapter 5 begins with this admonition: “*For freedom Christ has set us free; stand firm therefore, and do not submit again to the yoke of slavery.*” Note: 5:2-4

Galatians 5:16 “*But I say, walk by the Spirit, and you will not gratify the desires of the flesh.*”

- Here is God's commitment of love: He provides the means to live out His righteous requirements! Ephesians 1: 3-14
- What does the working of God's Spirit in my life look like? Galatians 5:22....self control

**Exercise:** Imagine yourself in an empty room, and you are seated on a chair in the center alone. The walls of the room are a screen portraying your every thought, desire and intention. The thoughts, desires and intentions that you entertain most begin to appear more frequently on the screen, until it is clear to you what dominates your attention in life. What is that thing/are those things? Does it interfere with your relationship with God, the one who saved you? Is that thing/are those things unchecked in your life?

1 Corinthians 9:24-27

- Vs 24-... “*so run...*”, in the same way, with the same tenacity, determination, an “*all or nothing*” spirit
- Vs 25a- “*Every athlete exercises self-control in all things.*” What areas/things does an athlete control themselves with?
- Vs 25b- “*They do it to receive a perishable wreath, but we an imperishable.*” Consider the honor we bestow on athletes, celebrities, etc. What are examples of “*imperishable wreaths*”? Eventually, the honor fades, whereas the glory of union with Christ will never fade!
- Vs 26- “*So I do not run aimlessly; I do not box as one beating the air.*” So I do not run aimlessly...how am I running WITH aim? WITH control? What has God's Spirit showed me to do to run with aim?
- Personal experience of “*running with aim*”: accountability, accountability, accountability!! Daily disciplines (spiritual and physical); caution is not to run aimlessly even with disciplines not instructed by God's Spirit
- Vs 27- “*But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.*” Live with the absolute awareness that Paul had - his flesh was very prone to get out of control ie: Romans 7

**Conclusion:** If you have not believed Christ to salvation, then your absolute primary need is to believe Him and his redemptive work for your personal salvation, as no one can please the Almighty God on their own steam! Hebrews 11:6 “*And without faith it is impossible to please him (God), for whoever would draw near to God must believe that he exists and that he rewards those who seek him.*” If you have believed Christ for your salvation, know that a life of self control is only possible by listening to his Holy Spirit who has been sealed inside of you until the day of redemption. He will “*guide you into all truth*” (John 16:13) and show you very practically how to become more self controlled.