

The Importance of Self Control

2 Peter 1:5-10; 1 Corinthians 9:25-27

**“...Profitable for Doctrine, for Reproof, for Correction,
for Instruction in Righteousness.”
2 Timothy 3:16**

Learning Objectives:

1. Be able to define self-control
2. Understand the purpose and importance of self-control in leading a Godly life
3. Learn biblical tactics for mastering self-control in your life
4. Identify at least one area of your life to work on. Work on it!

Defining self-control:

Webster's Online Dictionary

Self-control - (noun) Restraint exercised over one's own impulses, emotions, or desires

Vine's Dictionary

Egkrateia - (eng-krat'-i-ah) (Greek Feminine Noun)

1. The virtue of one who masters his desires and passions, especially. his sensual appetites

Holy Bible

Self-Control/Temperance - A fruit of the spirit - Galatians 5:23

Synonym in the bible for self-control: Temperance (used in the King James Version)

Scriptures for Consideration:

2 Peter 1:5-10; 1 Corinthians 9:25-27

2Peter 1:5-10

“...And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; And to knowledge temperance; and to temperance patience; and to patience godliness; And to godliness brotherly kindness; and to brotherly kindness charity. For if these things be in you, and abound, they make [you that ye shall] neither [be] barren nor unfruitful in the knowledge of our Lord Jesus Christ. But he that lacketh these things is blind, and cannot see afar off, and hath forgotten that he was purged from his old sins. Wherefore the rather, brethren, give diligence to make your calling and election sure: for if ye do these things, ye shall never fall...” (KJV)

How does self-control (temperance) fit into our spiritual growth? Notice the progression of each trait and how each is a “prerequisite” for the trait to follow.

What must we possess to achieve self-control?

Faith: Heb. 11: 1,6
Virtue: Goodness, positive character traits. Proverbs 31
Knowledge: understanding

What comes after self-control?

Patience: James 1: 2-4
Godliness: 1 Tim. 4:8
Brotherly Kindness: Acts 4: 32-35; 1 John 2:10-11

The ultimate end of which is Love (charity). 1 Corinthians. 13:2; 1 John 4:8

Verses 8-9 discuss the benefits of embracing these traits and the consequences of rejecting them.

1 Corinthians 9:24-27

“Do you know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. Therefore, I do not run like a man running aimlessly; I do not fight like a man beating the air. No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.” (NIV)

What do we need to do in order to be self-controlled in this passage?

Why do Christians need to go into strict training?

- Our bodies have a mind of their own...

***Romans 7:19** – Paul *“For the good that I would I do not: but the evil which I would not, that I do.”*

***Prov. 28:26** – The heart is not trustworthy alone. *“He that trusteth in his own heart is a fool: but whoso walketh wisely, he shall be delivered.”*

***James 3:16** – *“And the tongue [is] a fire, a world of iniquity: so is the tongue among our members, that it defileth the whole body, and setteth on fire the course of nature; and it is set on fire of hell.”*

- Our goal is a crown that will last forever. Eternal Salvation...

* **Jam 1:12** – *“Blessed [is] the man that endureth temptation: for when he is tried, he shall receive the crown of life, which the Lord hath promised to them that love him.”*

- Our job is to teach/encourage others...

* **2 Tim 4:2-3** – *“Preach the word; be instant in season, out of season; reprove, rebuke, exhort with all longsuffering and doctrine. For the time will come when they will not endure sound doctrine; but after their own lusts shall they heap to themselves teachers.”*

- Our punishment is disqualification...

***Romans 6:23** – *“For the wages of sin is death”*

Biblical Examples:

Good examples and results

1. Christ – Matt. 4: 1-11
2. Daniel – Daniel 1: 5-8
3. Joseph – Gen. 39: 6-12
4. Abraham – Heb. 11: 17-19

Bad examples and results

1. **Eve – Sin:** Genesis 3:6 parallel to 1 John 2:16-17; **Consequence:** General - open the pathway of sin into the world through knowledge of good and evil; Specific - Gen 3:15-16
2. **Lot's Wife** – Sin: Genesis 19:17, Consequence: 25-26.
3. **Potiphar's Wife** – Sin: Genesis 39:7,12; Consequence: Genesis 39:19,20 tempted by that which pleased the eye 39:2 (Joseph was fine!)

“Resist The Devil And He Will Flee From You...”
James 4:7

Tools for Mastering Self-Control:

- Non-member needs to put on Christ and put off the old man- Ephesians 4:22-25
- Hide the word in your heart/memorize scriptures - Psalm 119:11
- Meditate on scriptures – Philippians 4:8,
- Study the word – 2 Timothy 2:15
- Hold thoughts captive – 2 Corinthians 10: 3-5
- Be active (not idle) – 2 Samuel 11:1-2 (David and Bathsheba)
- Pray -1 Thessalonians 5:17, Philippians 4:6
- Put on the full armor of God – Romans 13:12-14, Eph. 6:11, 14-18

Reflection Questions:

What things do you need to work on in the area of self control?

How can you master your self-control issue?

How has your lack of self-control hindered you from bringing others to Christ?

The Following Study Helps Aided in the Preparation of this Lesson:

Study Guides

Strongest Strong's: Exhaustive Concordance of the Bible, James Strong, LL.D, S.T.D

Thompson Chain Reference Study Bible King James Version

Inner Demons – Brother Charlie Bingham, Georgia Ave. Church of Christ

Giving Oneself to Study and Meditating – Brother Antoine Johnson, Georgia Ave. Church of Christ

Web Site

Blueletterbible.org

Crosswalk.com

Biblequestions.org –Vine's Dictionary Online

Webster's Online Dictionary