



Temperantia: Embracing Self-Control

April 19th, 2015

MAN VERSUS FOOD!

WHAT IS GLUTTONY? WHEN WE MAKE... SECONDARY PLEASURES, PRIMARY LOVES

Once you were dead because of your disobedience and your many sins. ²You used to live in sin, just like the rest of the world, obeying the devil—the commander of the powers in the unseen world. He is the spirit at work in the hearts of those who refuse to obey God. ³All of us used to live that way, following the passionate desires and inclinations of our sinful nature. - Ephesians 2:1-3 (NLT)

But the fruit of the Spirit is.... temperance / self-control - Galatians 5:22-23 (ESV)

HOW TO GAIN SELF-CONTROL

1 Corinthians 9:23-27; 10:11-13

1. PICTURE AN ATHLETE'S SINGULAR PASSION

Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. ²⁵Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. – 1 Corinthians 9:24-25 (ESV)

2. ACCEPT THE CALL TO HEART-POUNDING DISCIPLINE

So I do not run aimlessly; I do not box as one beating the air. ²⁷But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified. – 1 Corinthians 9:26-27 (ESV)

...We'd better get on with it. Strip down, start running—and never quit! No extra spiritual fat, no parasitic sins. Keep your eyes on Jesus, who both began and finished this race we're in. Study how he did it. Because he never lost sight of where he was headed—that exhilarating finish in and with God—he could put up with anything along the way: Cross, shame, whatever. And now he's there, in the place of honor,

right alongside God. When you find yourselves flagging in your faith, go over that story again, item by item, that long litany of hostility he plowed through. That will shoot adrenaline into your souls! In this all-out match against sin, others have suffered far worse than you, to say nothing of what Jesus went through—all that bloodshed! So don't feel sorry for yourselves. Or have you forgotten how good parents treat children, and that God regards you as his children? - Hebrews 12:1-4 (MSG)

Among those who belong to Christ, everything connected with getting our own way and mindlessly responding to what everyone else calls necessities is killed off for good—crucified. - Galatians 5:24 (MSG)

THREE PRACTICAL GROWTH ENHANCERS OF SELF-CONTROL

- i. Know The Scripture – **1 Corinthians 10:11**
- ii. Get Into Spiritual Community – **1 Corinthians 10:12**
- iii. Practice the Spiritual Disciplines – **1 Corinthians 10:13**

Train yourself for godliness; ⁸for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come. - 1 Timothy 4:7-8 (ESV)

3. SHARE HOW THE GOSPEL CHANGES ME

I do it all for the sake of the gospel, that I may share with them in its blessings. – 1 Corinthians 9:23 (ESV)

Unite my heart to fear your name – Psalm 86:11 (ESV)

Mark 5:1-20

I Will Change My Direction Today by...

- Memorizing [1 Timothy 4:7-8](#)
- Repenting of making secondary pleasures primary loves.
- Starting a soul-training workout with the spiritual disciplines.
- Sharing the blessing, before others, of how the Gospel changes me.
- Give my life to Jesus as Savior and Lord.

WALK THE TALK

A Growth Group Guide

1. Have you ever trained for any sporting event? What was it like? What were its blessings and challenges?
2. When we think of gluttony today, we tend to only think of it in terms of overeating. How does seeing it more as an addiction help us see the need to address it stronger as a destructive vice?
3. Augustine liked to call sin “disordered loves.” How do we allow secondary pleasures to become primary loves, and why do we need to avoid underestimating the compulsive nature of sin?
4. How does Paul’s “athletic imagery” in 1 Corinthians 9:23-27 help you see a way forward in gaining more self-control in your life? Walk each other through the three main points.
5. READ Hebrews 12:1-4: How does Jesus help us in our struggle with sin? Why is it important to accept the discipline of trials to keep our spiritual bearings?
6. When you think back through the story of the demoniac in Mark 5:1-20, how can his story with Jesus become our own story with Jesus? How does his transformed life story inspire you to share the blessing of the Gospel?