

Genesis Project  
10/16/22  
Series: What Now?  
Slides

Title: Self-Control

2 Peter 1:5-8 (NIV)

<sup>5</sup> For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; <sup>6</sup> and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; <sup>7</sup> and to godliness, mutual affection; and to mutual affection, love. <sup>8</sup> For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ.

Self-control: the ability to control oneself, in particular one's emotions and desires or the expression of them in one's behavior, especially in difficult situations.

Jerry Bridges - "Self-control is the exercise of inner strength under the direction of sound judgement that enables us to think, say, and do things that are pleasing to God."

Alistair Begg - "It is the Spirit enabled, Word guided ability to avoid excesses and to stay within the God-given boundaries."

Recognize the source of sin.

James 1:13-15 (NIV)

<sup>13</sup> When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone; <sup>14</sup> but each person is tempted when they are dragged away by their own evil desire and enticed. <sup>15</sup> Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.

Proverbs 4:20-23 (NIV)

<sup>20</sup> My son, pay attention to what I say;  
turn your ear to my words.

- <sup>21</sup> Do not let them out of your sight,  
keep them within your heart;  
<sup>22</sup> for they are life to those who find them  
and health to one's whole body.  
<sup>23</sup> Above all else, guard your heart,  
for everything you do flows from it.

#### Romans 6:17-18 (NIV)

<sup>17</sup> But thanks be to God that, though you used to be slaves to sin, you have come to obey from your heart the pattern of teaching that has now claimed your allegiance. <sup>18</sup> You have been set free from sin and have become slaves to righteousness.

Fight for perspective.

#### Galatians 6:7-10 (NIV)

<sup>7</sup> Do not be deceived: God cannot be mocked. A man reaps what he sows. <sup>8</sup> Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life. <sup>9</sup> Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. <sup>10</sup> Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.” - Viktor Frankl

#### Proverbs 25:28 (NIV)

- <sup>28</sup> Like a city whose walls are broken through  
is a person who lacks self-control.

Overcome evil with good.

#### Romans 12:21 (NIV)

<sup>21</sup> Do not be overcome by evil, but overcome evil with good.

“The object of the gospel is both to pacify the sinner’s conscience and to purify his heart; and it is of importance to observe that what mars the one of these objects mars the other also. The best way of casting out an impure affection is to admit a pure one, and, by the love of what is good, to expel the love of what is evil.” - Thomas Chalmers

#### Philippians 3:7-9 (NIV)

<sup>7</sup> But whatever were gains to me I now consider loss for the sake of Christ. <sup>8</sup> What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ <sup>9</sup> and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God on the basis of faith.

#### Psalms 27:4 (NIV)

<sup>4</sup> One thing I ask from the Lord,  
this only do I seek:  
that I may dwell in the house of the Lord  
all the days of my life,  
to gaze on the beauty of the Lord  
and to seek him in his temple.

#### Titus 2:11-14 (NIV)

<sup>11</sup> For the grace of God has appeared that offers salvation to all people. <sup>12</sup> It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, <sup>13</sup> while we wait for the blessed hope—the appearing of the glory of our great God and Savior, Jesus Christ, <sup>14</sup> who gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good.