



# Welcome!

## December 16, 2018

“If the Son sets you free... you are free indeed!”

-John 8:36

Nursery (up to 2 years) is available during the entire service.  
Kids (3 years old through Kindergarten) are dismissed after music.

### Our Worship Gathering

Welcome and Call to Worship

Worship

Here for You

O Come All Ye Faithful

Go Tell It on the Mountain

Offering & Announcements

Dismiss for KidzKorner

Preparatory Worship

Prepare the Way

Prayer

Message: “A Fruitful Life: Self-Control”

Pastor Scott

Closing Song

My Heart is Yours

Prayer

*Please join us for fellowship and food in the foyer.*

Colorado Freedom Church  
PO Box 26288 | Colorado Springs, CO 80936  
[www.ColoradoFreedomChurch.com](http://www.ColoradoFreedomChurch.com)

# Prayer Matters

*Mary responded, "Oh, how my soul praises the Lord. How my spirit rejoices in God my Savior! For the Mighty One is holy, and he has done great things for me."*  
Luke 1:46-47, 49 (NLT)

## Families

Chantal

Mike & Verda

## Berean Church

Plattsmouth Bible Church; Plattsmouth, NE (Mike & Connie)

## LEAD Team

Scott & Lyndsey, Trent & Caryn, Ray & Rosi, Rebecca, Jerry, Ted & Judy

## Other

Season of Advent

Political division in the United States

US Military

## Upcoming Events:

No Wednesday meetings on 12/19 or 12/26

12/24 (Monday): Christmas Eve Service (Combined with FaithCov); 6 pm

1/13/2019: Freedom Church Family Meeting after worship gathering

1/20: Guests-Scott & Di Mathis; President-Berean Fellowship

## **Announcements:**

\*Are you receiving the weekly emails from Pastor Scott? If not, let him know and he will add you to the list.

\*You can also give online ([www.ColoradoFreedomChurch.com](http://www.ColoradoFreedomChurch.com)) or through the FC mobile app (App Store & Google Play)

## **Sermon Notes: SELF-CONTROL**

Nehemiah 1:3-4 - “They said to me, ‘Things are not going well for those who returned to the province of Judah. They are in great trouble and disgrace. The wall of Jerusalem has been torn down, and the gates have been destroyed by fire.’ 4 When I heard this, I sat down and wept. In fact, for days I mourned, fasted, and prayed to the God of heaven.”

Proverbs 25:28 - “A person without self-control is like a city with broken-down walls.”  
“The governing of one’s desires.”

“The ability to avoid excesses, to stay within reasonable bounds.” –Kehl

“The healthful regulation of our desires and appetites, preventing their excess.” –Bethune

1 Corinthians 9:27 - “I discipline my body like an athlete, training it to do what it should...”

James 1:14; 1 Peter 2:11; Ephesians 4:22;

Luke 9:23 - “Then he said to the crowd, “If any of you wants to be my follower, you must give up your own way, take up your cross daily, and follow me.”

“Self-control is the exercise of inner strength under the direction of sound judgment that enables us to do, think, and say the things that are pleasing to God.”

### Body

Genesis 2:9 - “The Lord God made all sorts of trees grow up from the ground—trees that were beautiful and that produced delicious fruit.”

1 Timothy 6:17 - “God... richly gives us all we need for our enjoyment.”

1 Corinthians 6:12-13 - “You say, “I am allowed to do anything”—but not everything is good for you. And even though “I am allowed to do anything,” I must not become a slave to anything. 13 You say, “Food was made for the stomach, and the stomach for food.” (This is true, though someday God will do away with both of them.) But you can’t say that our bodies were made for sexual immorality. They were made for the Lord, and the Lord cares about our bodies.”

## Gluttony (food and drink)

1 Corinthians 10:31 - "So whether you eat or drink, or whatever you do, do it all for the glory of God."

Additional Resources: *Lose it for Life* by Stephen Arterburn; *Celebrate Recovery*

## Laziness

Mark 1:35, 32-34

## Sexual

Hebrews 13:4 - "Give honor to marriage, and remain faithful to one another in marriage. God will surely judge people who are immoral and those who commit adultery."

1 Thessalonians 4:3-5 - "God's will is for you to be holy, so stay away from all sexual sin. 4 Then each of you will control his own body and live in holiness and honor— 5 not in lustful passion like the pagans who do not know God and his ways."

Matthew 5:28 - "But I say, anyone who even looks at a woman with lust has already committed adultery with her in his heart."

Job 31:1 - "I made a covenant with my eyes not to look with lust at a young woman.";

## Mind

2 Corinthians 10:5 - "We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ."

Philippians 4:8, "And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise."

### Principle of Replacement

Proverbs 4:23 - "Guard your heart above all else, for it determines the course of your life."

1 Timothy 6:11 - "But you, Timothy, are a man of God; so run from all these evil things. Pursue righteousness and a godly life, along with faith, love, perseverance, and gentleness."

### Principle of Fleeing (also see the rest of 1 Corinthians 6:12-20)

Psalm 139:1-4 - "O Lord, you have examined my heart  
and know everything about me.

2 You know when I sit down or stand up.

You know my thoughts even when I'm far away.

3 You see me when I travel

and when I rest at home.

You know everything I do.

4 You know what I am going to say

even before I say it, Lord."

Psalm 19:14 - "May the words of my mouth and the meditation of my heart be pleasing  
to you, O Lord, my rock and my redeemer."

Matthew 12:34 - "For whatever is in your heart determines what you say."

### *Growing in Self-Control*

Read, study, meditate, discuss the Bible

Self-Assessment and Accountability

Romans 12:3 - "Because of the privilege and authority God has given me, I give  
each of you this warning: Don't think you are better than you really are. Be honest  
in your evaluation of yourselves, measuring yourselves by the faith God has given  
us."

Proverbs 27:12a - "A prudent person foresees danger and takes precautions."

Lordship of Christ

Battle of the Mind

Romans 12:2 - "Don't copy the behavior and customs of this world, but let God  
transform you into a new person by changing the way you think. Then you will  
learn to know God's will for you, which is good and pleasing and perfect."

Additional Resource: *Reclaiming Surrendered Ground* by Jim Logan

Prayer

Cultivate **Self-Control** in your relationships.

Marriage	Family	Work
Finances	God	Friends
Church	Neighbors	Self

*Self-Control*: moderate your desires for the sake of the relationship

Do I moderate my desires (power, control, rest, food, drink, pleasure, money, sexual expression, comfort, security, ambition, authority, knowledge, possessions, change, involvement) to benefit others?

What desires in \_\_\_\_\_ (relationship) do I need to control/moderate in order to make [the relationship] great?

LIVE BY THE SPIRIT...

Romans 8:9-14

## **Questions for further study:<sup>1</sup>**

Read 1 Corinthians 9:19-27

- What was Paul's motivation and ultimate purpose for limiting and adapting his own freedom?
- What dangers are there in being all things to all people?
- How does self-control limit these dangers and free the Christian?
- Why is the analogy of an athlete a good one for the Christian walk?
- What aspects of your own Christian walk require more self-control and discipline?

Read 2 Peter 1:3-7

- What has God provided to help us live godly lives (verses 3-4)?
- Which of the areas in verses 5-7 are most important to you right now? Why?
- How are self-control and perseverance related?
- Compare and contrast this list with the fruit of the Spirit in Galatians 5:22-23.
- How do you balance *making* "every effort" with *depending* on the Holy Spirit to bring forth these qualities in your life?

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<sup>1</sup> Questions adapted from "The Fruit of the Spirit" by Stuart Briscoe