



**Series:** Love First week 9

**Sermon Title:** Self-Control: The Difficult One

**Date:** 6/9/2024

**Titus 2:11-14**

**DEFINITION:** Biblical Self-control is the ability to command your mind, your body, and your desires to conform to the ways of our Lord Jesus, choosing godliness over sin, especially in challenging situations.

**Big Idea:** Cultivate Self Control and reap the benefits!

The best example of this can be seen when Jesus is falsely accused in a series of rigged trials and false witnesses. **Matthew 27:11-14**

In this case, Jesus is working the Plan to bring him to the cross. Silence was necessary to help that along, leaving Pilate no choice but to command Jesus to be crucified.

### **#1 BETTER RELATIONSHIPS & MARRIAGES**

Have you ever wondered why relationships break down so easily? Many times, the root of destruction is the lack of self-control. **Proverbs 25:28** declares that without self-control, you are open to attack, without security, and will be personally destroyed.

With self-control in your relationships:

- Your communication gets a big boost - you are understood more clearly.
- as you exercise command over your tongue, listening becomes better
- with self-control, romantic relationships improve because you're not looking to rush into it too quickly
- This segment of fruit helps you avoid sin and choose godliness when you face temptation.

Self-control is a universal truth – **Titus 2:6, 1 Timothy 2:9**

### **#2 BETTER PARENTING**

It's only in combination with self-control that parents can live out **Ephesians 6:4**.

It takes much self-control to explain expectations, decide on appropriate consequences, and follow through without anger. But that is what's necessary to avoid building angry hearts in young ones. This is how discipline becomes training, not punishment. In turn, demonstrating your care and love puts you in a far better position to earn respect and train your children to be followers of Jesus since that becomes your goal.

### **#3 BETTER TESTIMONY OF YOUR LIFE CHANGED IN JESUS CHRIST**

In **Acts 24:25**, Paul shares three simple parts of our faith: righteousness, self-control, and God's judgment when Jesus returns. Notice what happens: Felix goes into a panic. He seems to understand that the righteousness Paul is speaking of only comes from faith in Jesus. And Faith in Jesus demands self-control. We give up our sinful pursuits and nail them to the cross because, yes, Jesus is coming back one day.

The fruit of self-control covers the benefits aspect of our lives. From the moment you come to faith until you come face-to-face with Jesus.

To exercise self-control is to say 'yes' to God and his ways and 'no' to our temptations and personal desires that conflict with God's ways. Some of us struggle with eating, some of us struggle with substances, and some of us struggle with issues of sex, sexuality, or gender.

When I say struggle, I really mean some of us are rebelling against God, and what is already communicated about each of these topics? Instead, surrender to the Holy Spirit, and he will give you the ability to command your mind, body, and desires to conform to the ways of our Lord Jesus. You will find yourself choosing godliness over sin, especially in challenging situations.

Self-control is something God has given us through the Spirit (**2 Timothy 1:7**).

If we're not surrendering all of our wants, desires, and temptations to the Holy Spirit, we risk losing whatever battle we face.

### Discussion Questions:

- **What about the sermon stuck with you this week? What part challenged your thinking?**
- **What are some of the greatest areas where the general population lacks self-control?**
- **How does your self-control make you look like a follower of Jesus?**
- **If comfortable, share some areas of your life where you struggle with self-control.**
- **Have you ever been affected by someone else not having self-control? Explain**