

TIME OF REFLECTION

“[Self control is] control over one’s behavior and the impulses and emotions beneath it.”

~Philip Towner

“Self-control is...not the same as self-dependence, in which we rely on personal will power to control ourselves. Instead, self-control is a gift of the Holy Spirit, given through faith in Jesus Christ... Self-control is a strategic countermeasure to the insatiable cravings of sin.”

~Edward Welch

“Our minds are mental greenhouses where unlawful thoughts, once planted, are nurtured and watered before being transplanted into the real world of unlawful actions... These actions are savored in the mind long before they are enjoyed in reality. The thought life, then, is our first line of defense in the battle of self-control.”

~Jerry Bridges

“People do not drift toward holiness. Apart from grace-driven effort, people do not gravitate toward godliness, prayer, obedience to Scripture, faith, and delight in the Lord. We drift toward compromise and call it tolerance; we drift toward disobedience and call it freedom; we drift toward superstition and call it faith. We cherish the indiscipline of lost self-control and call it relaxation; we slouch toward prayerlessness and delude ourselves into thinking we have escaped legalism; we slide toward godlessness and convince ourselves we have been liberated.”

~D.A. Carson

SERMON – “Fruit of the Spirit: Self-Control” – *Pastor Chris Audino*

SERMON PASSAGE – *selected passages (ESV)*

Galatians 5

²²But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³gentleness, self-control; against such things there is no law. ²⁴And those who belong to Christ Jesus have crucified the flesh with its passions and desires.

²⁵If we live by the Spirit, let us also keep in step with the Spirit. ²⁶Let us not become conceited, provoking one another, envying one another.

Proverbs 25

²⁶Like a muddied spring or a polluted fountain is a righteous man who gives way before the wicked. ²⁷It is not good to eat much honey,

nor is it glorious to seek one's own glory.

²⁸A man without self-control is like a city broken into and left without walls.

1 Corinthians 9

²³I do it all for the sake of the gospel, that I may share with them in its blessings.

²⁴Do 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. ²⁶So 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.