

Fruit of the Spirit - 9, Self-Control

12-14-16

Self-Control

I. Slide1 Announce:

- A. Slide2 Peru Team:
- B. Slide3a Parents of HS - Next week, our RISE High school ministry will be having their *Christmas Pajama party* during service at the Silva's. Parents, you can drop them off early on your way to church **or** our leaders can give them a ride. **We** can give them a ride back **or you** can come pick them up at the Silva's house. **Your student will receive a flyer tonight with the address, or its on the screen behind me. Slide3b**
- C. Wed Evening Services - Next Wed. **Dec.21st** Xmas devo's/message.
- D. Due to our Sanctuary **remodel** there will be *NO services in our Sanctuary* on Wed, **Dec. 28th** or **Jan4th**.
 1. We encourage you to **open up your home** and **host a fellowship night or Bible study with friends**. [look around]
 2. You're also invited to play Capture the Flag with our High School ministry.
 3. Then on **Jan.4th**, we'll be meeting at the **Cal Oaks Reading Theater** to watch the movie **"Sing"**. (Time TBD/announced on facebook & website) **Or again, take this time and open your home, have some new people over** for dinner and/or fellowship.

II. Slide4 Intro: Self-Control

- A. Slide5a Picture being in *a house of mirrors*. There are many **wrong ways** to go **and** each time you chose **a wrong way** you bump into yourself...in a mirror.
 1. Much like **life** where we are constantly *colliding with ourselves* **as** an obstacle to success and progress.
 2. It is **not others** or **circumstances**, **but** it is **self** that gets in our way.
 - a) The key to happiness, therefore, is to **yield** ourselves to Christ who is **the Way** through the maze of life. We need to stop running into ourselves, **but gain control** so that all of our energies might be in harmony with His will, **and** all of our activities consistent with His plan.
- B. Slide5b **Self-control** is simply that *important, impressive, and nearly impossible* practice of learning to *maintain control of the beast* of one's own **sinful passions**.
 1. It means remaining **master** of your own domain not only when "all is well", **but** also when faced with trial or temptation.

- C. **Slide5c** The very concept of *self-control* implies a **battle** between a divided self. *Gal.*
1. It implies that our *self* produces **desires** we should *not satisfy but instead control*.
 2. *We should deny ourselves & take up our cross daily, & follow him.* Lk.9:23
 3. Daily our *self* produces desires that should be **denied or controlled**.
- D. **Slide5d** True *self-control* is a **gift from above**, produced in and through us by the Holy Spirit. **Until** we own that it is received from **outside** ourselves, rather than whipped up from **within**, the effort we give to control our own selves will contribute to our praise, rather than God's.
1. But we also need to note that self-control is not a gift we receive **passively**, **but actively**. *We are not the source, but we are intimately involved. We open the gift and live it.* Receiving the grace of self-control means taking it all the way in **and then** out, into the *actual exercise* of the grace.
 2. **Slide6** “As the Hebrews were **promised** the land, **but** had to **take it by force**, one town at a time,” says Ed Welch, “so we are **promised** the gift of self-control, **yet** we also must **take it by force**.”
- E. **Slide7a** This **last fruit of the Spirit** is not at the end, as a sign that it is the least important of the 9.
1. It is, in fact, **essential** to keep all the others from being **perverted**.
 2. Every virtue can become a negative thing if it is **not controlled**.
 3. Even **love** needs the balance that comes with **self-control**.
 - a) Christians are to love members of the opposite sex in Christ. This caring, loving spirit, however, can cross the line & lead to love, **not just in the spirit, but in the flesh**.
 4. It is **the fruit of self-control** that tells a believer when they are **getting out of balance**, and letting the **flesh** be their guide **rather than** the Spirit of God.
 5. If **love** can go bad because of lack of self-control, **then** so can all the other fruits. **Joy** out of control can lead to extremes of wildness that are **silly or worse**. **Peace and patience** can be so extreme that it leads to **lethargy and indifference** to a hurting world. **Kindness** can lead one to be **so sugary sweet** that people gag on it, and avoid it as being superficial.
 6. **Slide7b** The point is, everything **good** can become **bad** if it goes to **excess**.

- a) **The Mississippi River** is one of the best assets of our nation, **but** when it overflows we have the worst floods in the nation, and it is a curse.

*It is a **good** thing out of control, **and** a **good** thing out of control...is a **bad** thing.*

- (1) That is why self-control is the key to keeping all of these fruits of the Spirit from going bad. They never rot and go bad as long as they are linked to self-control.

- b) **The movie Jurassic Park** is based on this theme. It was an awesome world of great wonder **until** the control system was lost-then it became **a nightmare**.

- (1) The Christian life can be a world of **wondrous beauty**, **but** then it can turn ugly if **self-control** is lost.

- (2) **History** is filled with examples of the beautiful **Bride of Christ** becoming an ugly partner because she **lost self-control**.

- (3) There have been periods of history when **the fruit of the Spirit** dried up, **and** the church looked more like **the bride of Frankenstein**.

III. Slide8a **THE WORD SELF-CONTROL**

- A. The old word for it was **temperance**, **but** the word has too limited a meaning today.

1. Temperance refers to **self-control** in regard to **alcohol**, **but** the biblical word takes in control **over all of the emotions and appetites of life**.
2. To be **temperate in all things** is to **avoid all excess** so that one's **reason** is always in full control.

- B. Two word groups represent the idea of self-control in NT.

1. Slide8b **Enkrátēia** [en-KRAW-Tee-a] is used in contexts where...

- a) **Sexual self-control** (1Cor.7:9 the related word **akrasía** lack of self-control at v.5)
- b) **Self-deprivation/deprive** of **the competing athlete** (9:25).
- c) **The capacity to Resist sin** (Acts 24:25; Gal. 5:23; Titus 1:8; 2 Pet. 1:6).

2. Slide8c **Sōphronismós**(2Tim1:7) & related words emphasize the operation of **the mind**

- a) **Sane** - *a person with this quality is sane* (Mark 5:15; Acts 26:25; 2 Cor. 5:13). **Serious** (Titus 2:12; 1 Pet. 4:7). **Sensible** (1 Tim. 2:9, 15; Titus 2:2, 5). **Judicious** (Rom. 12:3).

IV. Slide9a **THE OBVERSE & CONVERSE** [HEADS & TAILS]

- A. Prov.25:28 *Whoever has **no rule over his own spirit** Is like a city broken down, without walls.* [nlt *A person without self-control is like a city with broken-down walls*]
1. Without walls a city was vulnerable to enemy attacks. And an *undisciplined person*, who lacks self-control, is also vulnerable to trouble.
- B. Slide9b Prov.16:32 *He who is slow to anger is better than the mighty, And he who **rules his spirit** than he who takes a city.* [nlt *Better to be patient than powerful; better to have self-control than to conquer a city*]
1. This was written in a day when taking a city could be a long drawn out process of *outwitting* and out-waiting its inhabitants.
 2. So, the greatest victory is to **conquer** and **rule** ones own spirit.
- C. Slide10 We see the importance of this world over...
1. (Asian writer) **Lao-Tze** wrote, *He is strong who conquers others; he who **conquers himself** is mighty.*
 2. (Greek writer) **Aristotle**, *I count him braver who **overcomes his desires** than him who conquers his enemies; for the hardest victory is the **victory over self.***
 3. (Roman writer) **Seneca**, *He is most powerful who has **power over himself.***

V. Slide11a **2 PET.1:1-7**

- A. Peter here stresses the importance of *Christian Maturity*/growth.
1. Outline **His Part** (1-4). **Our Part** (5-11).
- B. **HIS PART** (1-4)
- C. C.H. Spurgeon, *God sends every bird **his food**, but He doesn't throw it into the nest.*
1. God has provided **everything** for living a *godly, Christian life*, but I must do **something to make it mine.**
 - a) If I opened to you my bank vault (if I had one) with **millions** of dollars inside. And then told you to *help yourself* & you come out with **one dollar**, *whose fault is it, that you are poor?*
- D. (2,3) In *knowing Christ* we have everything we need for the spiritual life.

1. (2) **Knowledge of God** – The Christian faith is based on *historical, objective, revealed* truth.
2. As soon as you were saved you were given **all** of what was needed for **life and godliness**.
 - a) All you must do is **appropriate** what you need from **His** resources.
3. (3) **His divine power** – Christ's power is the **source** of the believers *sufficiency & perseverance*.
4. (3,4) **Given** – as a gift, to grant, to bestow. [perfect tense, emphasizes the **continuing nature** of that which is given]
 - a) The spiritual resources God gives to believers are *continually available* to them as reliable sources of strength & growth.
 - b) Living the Christian life **does not** depend on one's own **strength & resources**.
 - (1) God provides *everything* believers need for **spiritual life & godly living**.

E. **Slide 11b OUR PART** (5-11)

- F. **Faith** doesn't stand alone; **real faith in God** results in *a changed life* which can be **seen or identified** in these *ascending virtues*.
1. **Ladder Illustration:** Some Christians step up on the bottom rung (**faith**). Content to be **saved & comfortable** being *the closest to the world* from which they came.
 - a) The more we *climb up the ladder of virtues* is to come *ever nearer* to knowing **Jesus**.
 - b) **Also**, the further we climb, the further we are **able** to climb.
 2. **The Christian life must not be an initial spasm** followed by a chronic inertia/inaction
James Moffatt, 1922 (*mnt Moffatt New Trans*)
 3. **Giving all diligence** – The Christian must be **totally dedicated** & make a **maximum effort** to live for God.
 4. **Add to your faith** – (*επιχορηγεω*) we get our word *choreography* from this word.
 - a) It means, *to equip the chorus w/additional supplies*. **To supply lavishly**.
 - b) So Peter urges his people to **equip** their lives w/*every virtue*.

c) As we **add** to our faith these virtues...*it's making Christianity Irresistible.*
It's like dressing up a cake with the best looking frosting they've ever seen.

(1) At Kelly's dad's wedding, a little boy was staring at the cake (only inches away from it). Kelly's dad walked up & said, that frosting looks good doesn't it? (he nodded) Here take a swipe! (he did. then Bob tried to hide it).

G. Slide12 8 Rungs of the Virtue Ladder

1. **Faith** – saving faith in God.
2. **Virtue** – Moral excellence.
3. **Knowledge** – Practical understanding of the truth.
4. **Self-Control** – Self-Mastering, self-restraint, self-discipline, control of one's appetites. The ability to take a grip of oneself.
 - a) The fact that Peter urges Christians to *add this virtue* to their lives **implies that** people do not *naturally* possess it, **but** have a tendency to be a slave to their passions and appetites.
5. **Perseverance/Patience** – Christian steadfastness. Patient endurance in doing it.
6. **Godliness** – Devotion to God. The Quality of being like God in daily life.
7. **Brotherly kindness** – Brotherly love. Love for fellow believers.
8. **Love** – Christian love/Agape. Self-giving for the good of others.
 - a) The ladder of Christian virtue must *end* in Christian love.
 - b) The Christian must show to all men the love which God has shown to him.
9. **God has done His part: See that you do yours.**

VI. Slide13 1 COR.9:25

- A. *Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable.* esv
- B. Self-control is so essential to the success of any pursuit that it is even a virtue among evil men. Successful crooks are those who develop self-control.
 1. They have to be able to remain calm as the night watchman makes his rounds, and as they hide behind merchandise. They must have nerves of steel when the alarm goes off in the bank. As soon as a thief loses his nerve and

lets emotion take over, he kills or gets killed, or makes foolish moves that lead to his capture. You cannot even be a successful crook without the virtue of self-control.

C. All the endeavors of the athlete are in vain if he has not **trained** his body & **abstained** from all that might in any way harm his physical condition.

1. Champions aren't **born**, they're **made**.

a) Made via...*discipline, right training, desire & motivation, & realistic goals.*

2. Our key word is **temperate** or to exercise **Self-control**.

a) It means **strength within**. [It carries the idea of *mastering yourself* instead of giving in to impulse or overindulgence]

D. The Christian way of self-control is **NOT** *Just say no!*

1. The problem is with the word **just**. You don't **just say no**.

2. You say **no** in a certain way: You say no by faith in the superior power and pleasure of Christ. It is just as **ruthless**. And may be just as **painful**.

3. **But** the difference between worldly self-control and godly self-control is crucial.

a) Who will get the glory for victory? That's the issue. [us or Christ?]