

# THE PRACTICE OF SELF-CONTROL

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PHILADELPHIA CHURCH

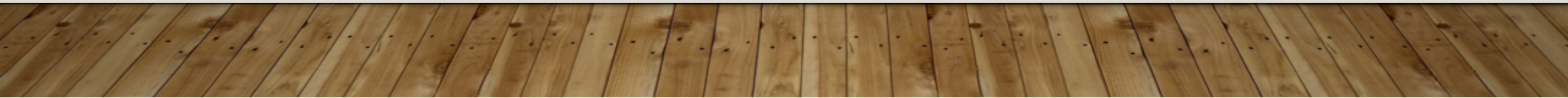
SUNDAY, MARCH 31, 2019

PASTOR SUE GUNDERSON

“Humility is the soil in which the other traits of the fruit of the Spirit grow.”

Jerry Bridges

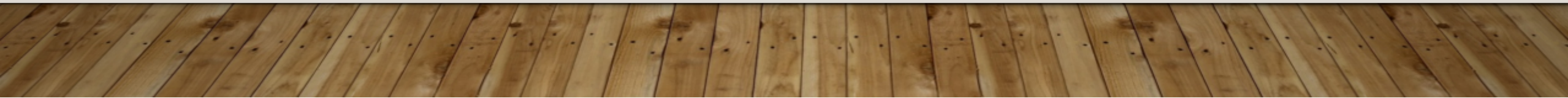
The Practice of Godliness



# LUKE 18:10-13

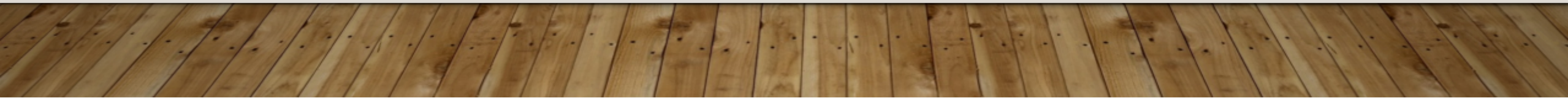
“Two men went up to the temple to pray, one a Pharisee and the other a tax collector. <sup>11</sup> The Pharisee stood by himself and prayed: ‘God, I thank you that I am not like other people—robbers, evildoers, adulterers—or even like this tax collector. <sup>12</sup> I fast twice a week and give a tenth of all I get.’

<sup>13</sup> “But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, ‘God, have mercy on me, a sinner.’



# LUKE 18:14

“I tell you that this man, rather than the other, went home justified before God. For all those who exalt themselves will be humbled, and those who humble themselves will be exalted.”

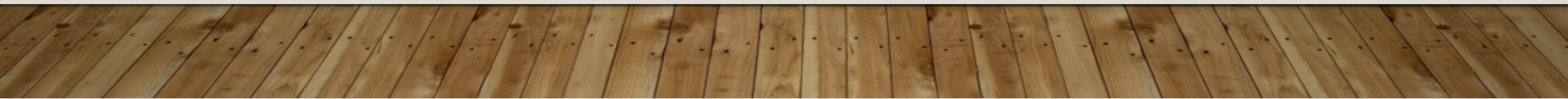


## ISAIAH 66:1-2

This is what the Lord says: “Heaven is my throne, and the earth is my footstool. Where is the house you will build for me? Where will my resting place be?

<sup>2</sup> Has not my hand made all these things, and so they came into being?” declares the Lord.

“These are the ones I look on with favor: those who are humble and contrite in spirit, and who tremble at my word.”



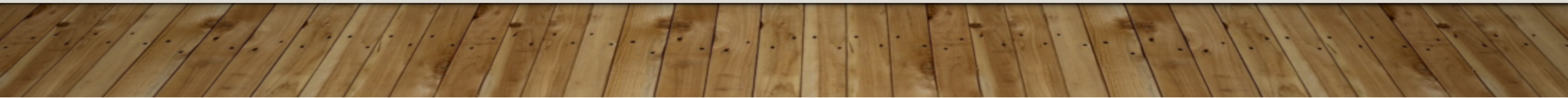
# What is Humility?

- Humility before God is seeing God in His majesty and holiness(1 Peter 5:6)
- Tremble at His Word is realizing that the Word of God is the expression of the Will of God(Is. 66:1-2)
- Here by the Grace of God is humility regarding our own gifts, talents and attainments (2 Kings 22:13)
- Submission, Service and Honor understands respect for one another (Eph 5:21)

# Practical Application of Practicing Humility

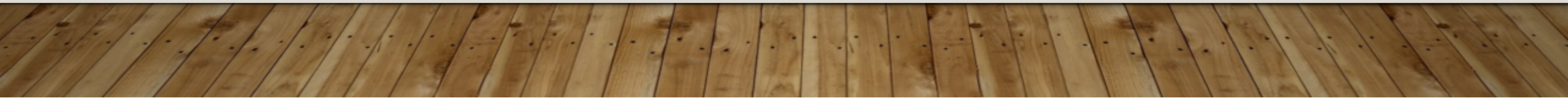
- Memorize and Meditate on Scripture
- Confess any prideful ways
- Pray for sensitivity to see yourself as God sees you
- Pray for the Holy Spirit to change you inwardly
- Take whatever specific steps necessary to obey God's direction to humble yourself

**Humble is an action verb.  
We are to be doing something!**





**Contentment: a godly person who has his heart focused on God rather than on possessions, position or power.**



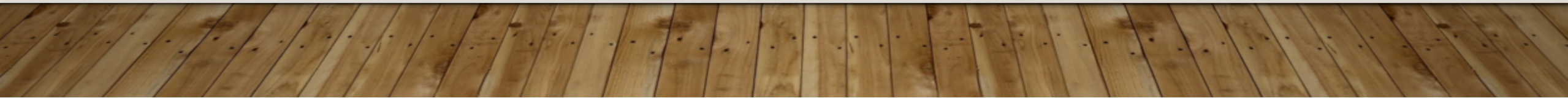
# I TIMOTHY 6:6

But godliness with contentment is great gain.



## 2 CORINTHIANS 12:9

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.



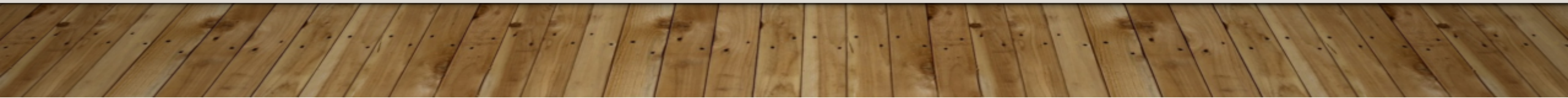
# Contentment with Possessions

- Covetousness is listed with stealing, murder and adultery. Exodus 20:13-17
- “You cannot serve God and money.” Matt 6:24
- Double warning! “Watch out! Be on your guard against all kinds of greed; a man’s life does not consist in the abundance of his possessions.”  
Luke 12:15

# Contentment with Position

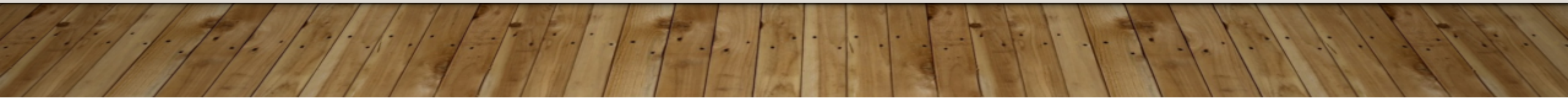
Romans 12:3

“For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you.”



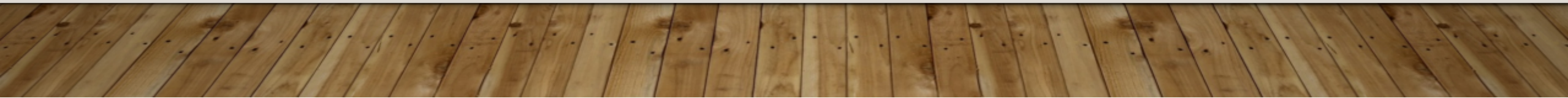
# PHILIPPIANS 4:11-12

”I am not saying this because I am in need, for I have learned to be content whatever the circumstances. <sup>12</sup> I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.”



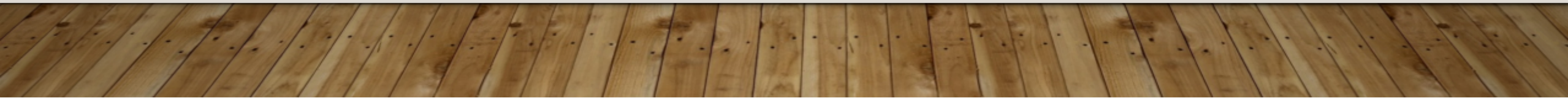
## 2 CORINTHIANS 12:2-4

<sup>2</sup> I know a man in Christ who fourteen years ago was caught up to the third heaven. Whether it was in the body or out of the body I do not know—God knows. <sup>3</sup> And I know that this man—whether in the body or apart from the body I do not know, but God knows—<sup>4</sup> was caught up to paradise and heard inexpressible things, things that no one is permitted to tell.



## 2 CORINTHIANS 12:5-7A

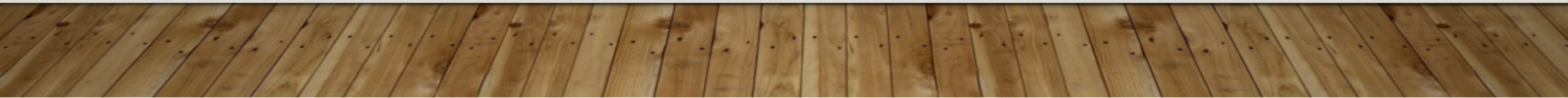
<sup>5</sup> I will boast about a man like that, but I will not boast about myself, except about my weaknesses. <sup>6</sup> Even if I should choose to boast, I would not be a fool, because I would be speaking the truth. But I refrain, so no one will think more of me than is warranted by what I do or say, <sup>7</sup> or because of these surpassingly great revelations.





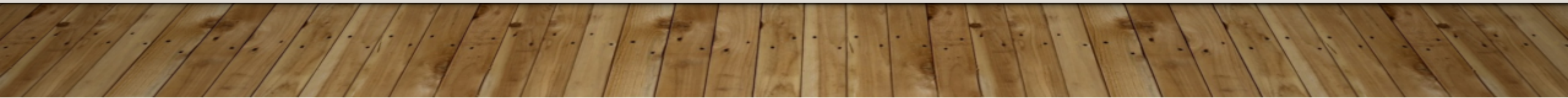
## 2 CORINTHIANS 12:7B-8

Therefore, in order to keep me from becoming conceited, I was given a thorn in my flesh, a messenger of Satan, to torment me. <sup>8</sup> Three times I pleaded with the Lord to take it away from me.



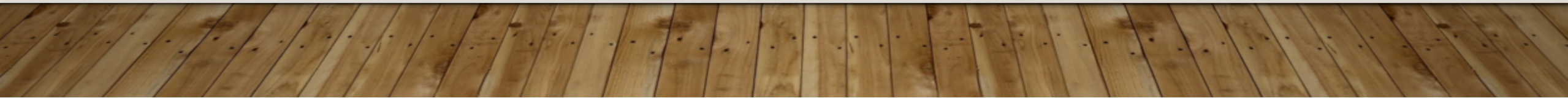
## 2 CORINTHIANS 12:9-10

<sup>9</sup> But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. <sup>10</sup> That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

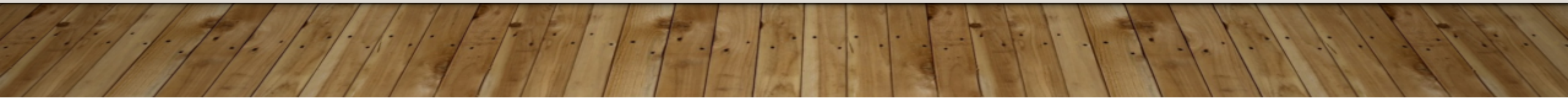


# Practical Application of Practicing Contentment

- Live the realization that whatever our situation might be, it is far better than we deserve. (Unmerited favor)
- Learn that the Holy Spirit is available to help us respond in a godly manner and to be content.



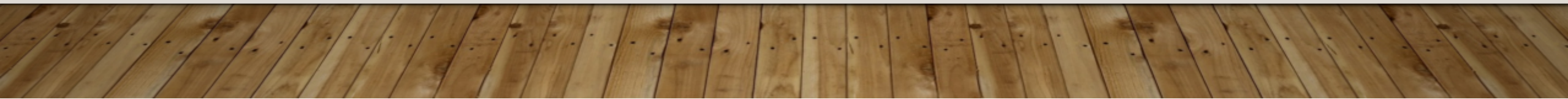
Thanksgiving: a recognition that God in His goodness and faithfulness has provided for us and cared for us, both physically and spiritually.



## ROMANS 1:21-22A

“For although they knew God, they neither glorified him as God nor gave thanks to him, but their thinking became futile and their foolish hearts were darkened. <sup>22</sup> Although they claimed to be wise, they became fools...”

Failing to be thankful is a grievous sin!

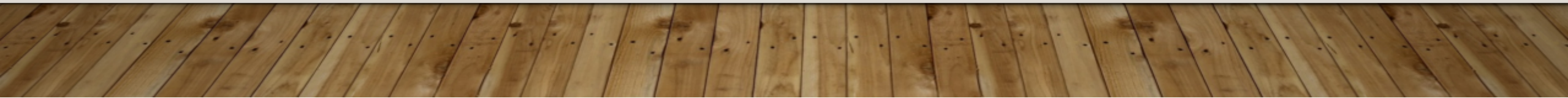


# Purposes of Thanksgiving

- To acknowledge God's goodness and give Him honor. (Ps. 50:23; PS. 106:1-2)
- Promotes Humility in us. (Deut. 8:11-14, 17-18)
- Promotes Contentment in us. (Romans 7:24-25)

# Practical Application of Practicing Thanksgiving

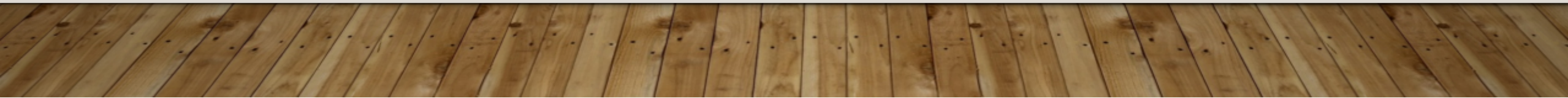
- The foundation of Thanksgiving is living in fellowship with Christ. (Col. 2:6-7)
- Cultivate the habit of giving thanks for everything. I.e: Beginning and ending of day and mealtimes. (Ps. 92:1-2)
- Write down your prayer requests and answered prayers.
- Include Thanksgiving as a regular part of your intercessory prayer time. (Col. 1:3)



In Humility- We acknowledge God's Majesty

In Contentment- We acknowledge God's Grace

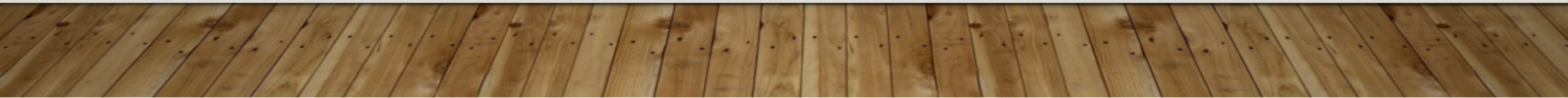
In Thankfulness- We acknowledge God's  
Goodness





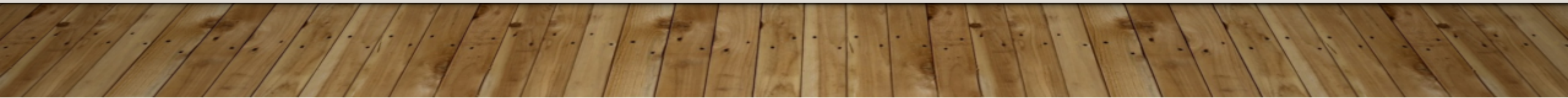
Self- Control: “the believer’s wall of defense against the sinful desires that wage war against his soul. An essential character trait that enables the godly person to obey the words of the Lord Jesus.”

Jerry Bridges



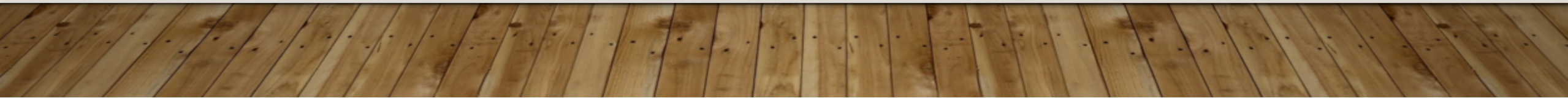
# PROVERBS 25:28

Like a city whose walls are broken through is a person who lacks self-control.



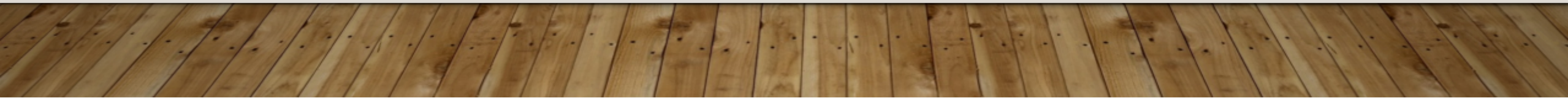
Quote:

“Self-control is the ability to avoid excesses, to stay within reasonable bounds.” D.G. Kehl



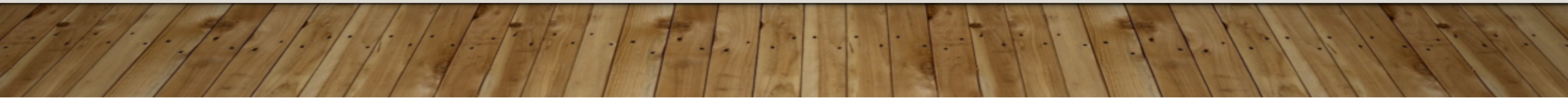
The translators of the New International Version of the Bible have used self-control to translate two different words from the original Greek.

- Inner strength (en-krä'-tā-ä) and refers to the strength of character
- Sound judgement (sō'-frōn) used to determine what we should do and how to respond.
- Both are necessary for Spirit-directed self-control



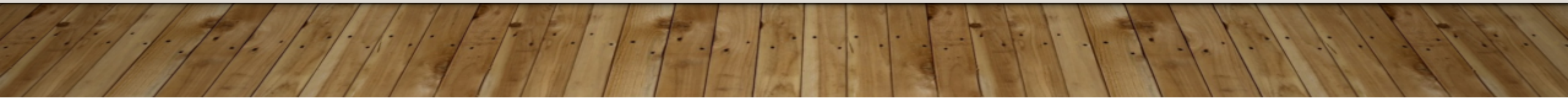
# Pleasing God through Self-Control

- Honor God with your body by avoiding gluttony (in food and drink); laziness; and sexual immorality (1 Cor. 10:31 and 6:12)
- Take captive every thought (2 Cor. 10:5)
- Curbing our emotions such as anger, rage, resentment, self-pity and bitterness. (Prov. 16:32)



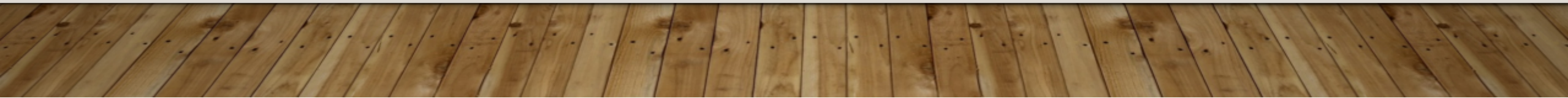
# Breaking the Chains of Self-Indulgence

- Sound judgement as revealed through the knowledge of the Word
- Pray for inner strength of will to curb our passions and desires
- Recognize the will is strengthened by obedience
- Breaking bad habits and replacing them with good ones



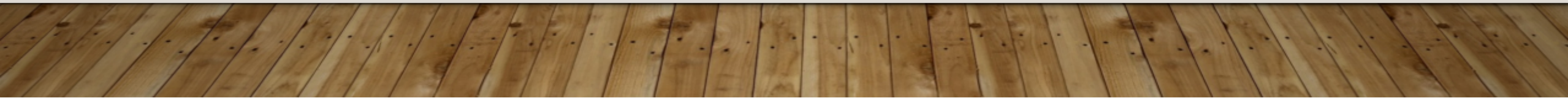
Quote:

“True spiritual self-discipline holds believers in bounds but never in bonds; it’s effects is to enlarge, expand and liberate.” D.G. Kehl



# JAMES 1:25

But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do.



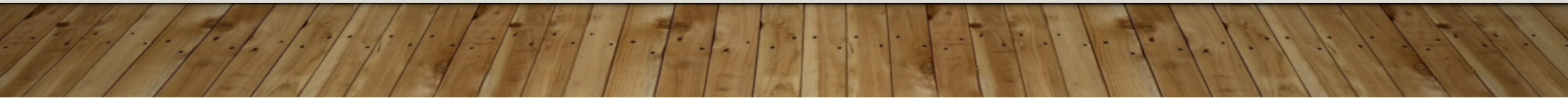


# ISAIAH 58:6-9

“Is not this the kind of fasting I have chosen:

to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?

<sup>7</sup> Is it not to share your food with the hungry and to provide the poor wanderer with shelter— when you see the naked, to clothe them, and not to turn away from your own flesh and blood?



# ISAIAH 58:6-9

Then your light will break forth like the dawn,  
and your healing will quickly appear;  
then your righteousness will go before you,  
and the glory of the Lord will be your rear guard.  
9 Then you will call, and the Lord will answer;  
you will cry for help, and he will say: Here am I.”

