

“Faith with Self-Control”

2 Peter 1:5-7

“He who controls others may be powerful, but he who has mastered himself is mightier still.” – Lao Tzu

“The intelligent desire self-control; children want candy.” – Rumi

“Should not every man hold self-control to be the foundation of all virtue, and first lay this foundation firmly in his soul?.” - Xenophon

What controls you?

*How do you deal with those
desires that threaten to overpower
you?*

*“...work out your own salvation with fear and trembling
for it is God who works in you, both to will and to work
for his good pleasure.” - Philippians 2:12-13*

Faith with Self-Control

1. The Problem of Self-Control

“For I have the desire to do what is right, but not the ability to carry it out. For I do not do the good I want, but the evil I do not want is what I keep on doing.”

- Romans 7:18-19

Self Control is:

“the virtue of one who masters his desires and passions, especially his sensual appetites.” – Thayer’s

“the restraint exercised over one’s own impulses, emotions, or desires.” – Merriam Webster

“the ability to manage one’s impulses, emotions, and behaviors to achieve long term goals.” – Psychology Today

“Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.”

– 1 Corinthians 9:24-27

Faith with Self-Control

1. The Problem of Self-Control

2. The Person of Self-Control

Faith with Self-Control

2. The Person of Self-Control

Jesus' example of Priority

“And after he had dismissed the crowds, he went up on the mountain by himself to pray.” - Mt 14:23

Faith with Self-Control

2. The Person of Self-Control

Jesus' example of Priority

Jesus' example with Others

“Now when he was in Jerusalem at the Passover Feast, many believed in his name when they saw the signs that he was doing. But Jesus on his part did not entrust himself to them, because he knew all people and needed no one to bear witness about man, for he himself knew what was in man.”

– John 2:23-25

Faith with Self-Control

2. The Person of Self-Control

Jesus' example of Priority

Jesus' example with Others

Jesus' example with Temptations

"For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin."

– Hebrews 4:15-16

"Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after fasting forty days and forty nights, he was hungry. And the tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, "'Man shall not live by bread alone, but by every word that comes from the mouth of God.'"

– Matthew 4:1-4

“But he said to them, “I have food to eat that you do not know about. ...

Jesus said to them, “My food is to do the will of him who sent me and to accomplish his work.”

– John 4:32, 34

Faith with Self-Control

2. The Person of Self-Control

Jesus' example of Priority

Jesus' example with Others

Jesus' example with Temptations

Jesus' example of Self-Restraint

“Then Jesus said to him, "Put your sword back into its place. For all who take the sword will perish by the sword. Do you think that I cannot appeal to my Father, and he will at once send me more than twelve legions of angels?”

– Matthew 26:52-53

*“And when he came to the place, he said to them,
‘Pray that you may not enter into temptation.’
And he withdrew from them about a stone's throw,
and knelt down and prayed, saying, ‘Father, if you are
willing, remove this cup from me. Nevertheless, not
my will, but yours, be done.’”*

– Luke 22:40-42

Faith with Self-Control

1. The Problem of Self-Control

2. The Person of Self-Control

3. The Power of Self-Control

Faith with Self-Control

- 1. The Problem of Self-Control (us)*
- 2. The Person of Self-Control (Jesus)*
- 3. The Power of Self-Control (Spirit)*

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also keep in step with the Spirit.”

– Galatians 5:22-25

Faith with Self-Control

3. The Power of Self-Control

Spiritual Goal only by Spiritual Means

Spiritual Disciplines

Spiritual Empowerment

“For the grace of God has appeared, bringing salvation for all people, training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age, waiting for our blessed hope, the appearing of the glory of our great God and Savior Jesus Christ.”

– Titus 2:11-13

What controls your life?

*How do you deal with those
desires that threaten to overpower
you?*

