

SUSTAINING SELF-CONTROL

Galatians 5:16-23; Proverbs 16:32, 25:28

- *"The Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control."* (Galatians 5:22-23)
- **Many people lack self-control in areas of their lives (i.e., anger, eating habits, fears, insecurity, lust, a need for thrills, spending, worry, etc.).**
- ***In what areas of life do I struggle with maintaining self-control?***
- *"Better to be patient than powerful; better to have self-control than to conquer a city."* (Proverbs 16:32)
- *"A person without self-control is as defenseless as a city with broken-down walls."* (Proverbs 25:28)
- **Lacking self-control can harm our life, our walk with the Lord and our relationships with others; while sustaining self-control brings strength, satisfaction and success to our lives.**
- "No man is truly free until he masters himself." - Epictetus
- ***What can we do to develop and sustain self-control in our lives?***

Sustaining Self-Control Requires:

ACKNOWLEDGING OUR STRUGGLES

- *"When you follow the desires of your sinful nature, your lives will produce these evil results: sexual immorality, impure thoughts, eagerness for lustful pleasure, idolatry, participation in demonic activities, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, divisions, the feeling that everyone is wrong except those in your own little group, envy, drunkenness, wild parties, and other kinds of sin."* (Galatians 5:19-21)
- ***Which sins or other "strongholds" have I struggled with in my life?***
- *"If we claim we have no sin, we are only fooling ourselves and not living in the truth."* (1 John 1:8)

- **We have to seek the Lord's forgiveness if we're going to overcome our struggles with a lack of self-control.**
- *"If we confess our sins to Him (God), He is faithful and just to forgive us our sins and to cleanse us from all wickedness."* (1 John 1:9)
- *"People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy."* (Proverbs 28:13)
- ***What sins or "strongholds" do I need to confess and seek forgiveness for?***

Sustaining Self-Control Requires:

BELIEVING WE CAN <u>CHANGE</u>

- Jesus – *"With God all things are possible."* (Matthew 19:26)
- **Our beliefs determine our behavior.**
- *"God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure."* (1 Corinthians 10:13)
- **We have the ability to resist any and every type of temptation.**
- *"I can do all things through Christ who strengthens me."* (Philippians 4:13 NKJV)
- Jesus – *"Everything is possible for him who believes."* (Mark 9:23)

Sustaining Self-Control Requires:

CHALLENGING OUR <u>FEELINGS</u>

- **We put too much emphasis in our day and time on our feelings.**
- *"We are to turn from godless living and sinful pleasures. We should live in this evil world with wisdom, righteousness, and devotion to God."* (Titus 2:12)
- **When we sense that we are losing our "self control" in some area of life we need to remind ourselves of who we are in the Lord and what resources we have from the Lord (Ephesians 1:1-6, 1 Peter 2:9-10).**

Sustaining Self-Control Requires:

DISTANCING OURSELVES FROM <u>TEMPTATION</u>

- *"If you think you are standing strong, be careful not to fall. The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure."* (1 Corinthians 10:13)
- **We need to plan in advance to avoid situations that we know are going to cause temptation in our life.**
- *"Run from anything that stimulates youthful lusts. Instead, pursue righteous living, faithfulness, love, and peace. Enjoy the companionship of those who call on the Lord with pure hearts."* (2 Timothy 2:22)
- ***Who are what in my life do I need to avoid?***

Sustaining Self-Control Requires:

ENLISTING AN ACCOUNTABILITY <u>PARTNER</u>

- *"A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer."* (Ecclesiastes 4:12)
- *"As iron sharpens iron, so a friend sharpens a friend."* (Proverbs 27:17)
- ***Who are some godly individuals who could be my accountability partner?***

Sustaining Self-Control Requires:

FORGETTING OUR PAST <u>MISTAKES</u>

- *"Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize . . ."* (Philippians 3:13-14)
- **Focusing on past failures guarantees their repetition.**
- "Don't call it a failure, call it an education! Now you know what doesn't work." - Thomas Edison
- ***What past sins or mistakes do I need to forget and let go of?***

Sustaining Self-Control Requires:

GIVING THE HOLY SPIRIT <u>CONTROL</u> OF OUR LIVES

- *"Let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves."* (Galatians 5:16)
- **We can't overcome our lack of self control by our intellect and ability, but we can overcome it as we submit to the direction and power of God's Spirit.**
- *"Don't be controlled by wine or any other thing, but be filled and keep on being filled with the presence and power of the Holy Spirit."* (Ephesians 5:18)
- **When we are living a Spirit-controlled life, we will have the power to overcome our problems and live by God's principles.**
- *"The Spirit that God gives us . . . fills us with power, love and self-control."* (2 Timothy 1:7 GNB)

- ***What is the Lord communicating to me through this message?***
- *"For God is working in you, giving you the desire and the power to do what pleases Him."* (Philippians 2:13)
- **The secret to experiencing positive and powerful changes in every area of our life is allowing the Holy Spirit to reign in our life.**
- *"When the Holy Spirit controls our lives, He will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self control."* (Galatians 5:22-23)