

“SELF-CONTROL”

Series: Nurturing Our Walk in the Spirit

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March 7, 2021

“So I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷ For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever^[c] you want. ¹⁸ But if you are led by the Spirit, you are not under the law.

¹⁹ The acts of the flesh are obvious: sexual immorality, impurity and debauchery; ²⁰ idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹ and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law. ²⁴ Those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ Since we live by the Spirit, let us keep in step with the Spirit. ²⁶ Let us not become conceited, provoking and envying each other.” Galatians 5:16-26

We come to the final Dimension of what Paul calls the Holy Spirit’s Fruit. These 9 dimensions paint a picture of a healthy, mature, led by the Holy Spirit Christ-follower. Our last dimension, Self-Control, is different than the others but its Importance can’t be overstated!

Self-Control deals with the managing of our Earthly Appetites so that the effect of other dimensions is intensified.

Jesus models Self-Control of every _____

“Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. ¹⁵ For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin.”

Hebrews 4:14-15

Are the boundaries you have in place in your life consistent with Jesus’?

Self-Control is often the missing Dimension of the Spirit’s Fruit that leads to _____!

“You, however, must teach what is appropriate to sound doctrine. ² Teach the *older men* to be temperate, worthy of respect, *self-controlled*, and sound in faith, in love and in endurance.

³ Likewise, teach the *older women* to be reverent in the way they live, not to be slanderers or addicted to much wine, but to teach what is good. ⁴ Then they can urge the *younger women* to love their husbands and children, ⁵ to be *self-controlled and pure*, to be busy at home, to be kind, and to be subject to their husbands, so that no one will malign the word of God.

⁶ Similarly, encourage the *young men to be self-controlled*. ⁷ In everything set them an example by doing what is good. In your teaching show integrity, seriousness ⁸ and soundness of speech that cannot be condemned, so that those who oppose you may be ashamed because they have nothing bad to say about us.

⁹ Teach slaves to be subject to their masters in everything, to try to please them, not to talk back to them, ¹⁰ and not to steal from them, but to show that they can be fully trusted, so that in every way they will make the teaching about God our Savior attractive.

¹¹ For the grace of God has appeared that offers salvation to all people. ¹² *It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age*, ¹³ while we wait for the blessed hope—the appearing of the glory of our great God and Savior, Jesus Christ,”

Titus 2:1-13

Self-Control relates to our properly responding to _____.

“These things happened to them as examples and were written down as warnings for us, on whom the culmination of the ages has come. ¹² So, if you think you are standing firm, be careful that you don’t fall! ¹³ No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.” 1 Corinthians 10:11-13

What Boundaries have you set with respect to:

Sex, Money, Speech, Anger, Substances (Drink, Tobacco, Drugs, etc.), Food, Hobbies, Occult, Envy, Divisiveness, Ambition/Work, Appearance, Violence, Debauchery?

All Scriptures are from the New International Version Bible. You may comment or ask Bro. Tony questions about this message at: brotony@itawambachristianchurch.org