



# Self-Control

Rodney Holmstrom | Collin Jackson | Matt Musgrave

Love  Self-Control

Self-Control  Love

Take delight in the LORD, and he will give you the desires of your heart.

Psalm 37:4 (NIV)

ROOT & FRUIT

## Definition of Self-Control:

Yielding and trusting my life to God's control. Receiving His love and then living it out as a living expression of His love.

## Love is...

Patient and kind

Always protects

Always trusts

Always hopes

Always perseveres

From 1 Corinthians 13:4-7

So I say, walk by the Spirit, and you will not gratify the desires of the flesh. <sup>17</sup> 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 you want. <sup>18</sup> But if you are led by the Spirit, you are not under the law.

Galatians 5:16-18 (NIV)

The acts of the flesh are obvious: sexual immorality, impurity and debauchery; <sup>20</sup> idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions <sup>21</sup> 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.

Galatians 5:19-21 (NIV)

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, <sup>23</sup> gentleness and self-control. Against such things there is no law.

Galatians 5:22-23 (NIV)



"It Satisfies"

ROOT & FRUIT

## Definition of Self-control:

Yielding and trusting my life to God's control. Receiving His love and then living it out as a living expression of His love.

## **Definition of Self-Control:**

Yielding and trusting my life to God's control. Receiving His love and then living it out as a living expression of His love.

## **Opposite of Self-Control:**

Reckless indulgence

## Love is...

Patience and kind  
Always protects  
Always trusts  
Always hopes  
Always perseveres

## Love does (is) not...

Envy  
Boast  
Proud  
Dishonoring  
Self-seeking (self-gratifying)

Easily angered  
Arrogant  
Rude  
Insist on its own way  
Delight in evil

From 1 Corinthians 13:4-7

## **Definition of Self-Control:**

Yielding and trusting my life to God's control. Receiving His love and then living it out as a living expression of His love.

## **Opposite of Self-Control:**

Reckless indulgence

## **Counterfeit:**

Fake self-control

"It is impossible for a man to learn what he thinks he already knows."

Epictetus

## Statements:

- You can find freedom from pornography.
- You don't have to over indulge with food.
- You can respond in healthy ways with your anger.

## Agreements with lies or unbeliefs:

- You don't understand... I have done this my whole life.
- You don't understand... my whole family eats unhealthy.
- You don't understand... my family is Irish.

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. <sup>2</sup> Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Romans 12:1-2 (NIV)

Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of righteousness.

Romans 6:13 (NIV)

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. <sup>2</sup> Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Romans 12:1-2 (NIV)

**Rooted In God's Word – A Beautiful Expression of Fruit**

ROOT & FRUIT

But you did not learn Christ in this way,<sup>21</sup> if indeed you have heard Him and have been taught in Him, just as truth is in Jesus,<sup>22</sup> that, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit,<sup>23</sup> and that you be renewed in the spirit of your mind...

Ephesians 4:20-23 (NASB)

Am I taking care of myself?

Am I taking care of myself?

- How am I eating?

Am I taking care of myself?

- How am I eating?
- How am I sleeping?

Above all else, guard your heart, for everything you do flows from it.

Proverbs 4:23 (NIV)

“The conversion of a soul is the miracle of a moment,  
the manufacture of a saint is the task of a lifetime”.

Alan Redpath

**Am I taking care of myself?**

- How am I eating?
- How am I sleeping?

**Am I sharing vulnerabilities?**

# HEART CHECK

**H:** Hurting

**E:** Exhausted

**A:** Angry

**R:** Resentful

**T:** Tense

Our most powerful weapon in the fight against sexual temptation is not better accountability, but profound humility.

Jon Bloom

ROOT & FRUIT

**Am I taking care of myself?**

- How am I eating?
- How am I sleeping?

**Am I sharing vulnerabilities?**

- Anger, sadness, fear, disgust...

For as he thinketh in his heart, so is he...

Proverbs 23:7a (KJV)

ROOT & FRUIT

Then they asked him, "What must we do to do the works God requires?" <sup>29</sup> Jesus answered, "The work of God is this: to believe in the one he has sent."

John 6:28-29 (NIV)

## What if I am in deep, reckless living and self-control is lacking?

- Identify the reckless living.
- Share it with God and someone you trust.
- Pull up weeds by their roots.
- Replace with something better.

- I must live out my life as a believer who matters to God.
- Realize I am alive in Christ and choose to rest in His strength, grace, and truth.
- Understand that His power is available to me!

"So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' <sup>32</sup> For the pagans run after all these things, and your heavenly Father knows that you need them. <sup>33</sup> But seek first his kingdom and his righteousness, and all these things will be given to you as well."

Matthew 6:31-33 (NIV)

Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. <sup>29</sup> He gives strength to the weary and increases the power of the weak. <sup>30</sup> Even youths grow tired and weary, and young men stumble and fall; <sup>31</sup> but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Isaiah 40:28-31 (NIV)

ROOT & FRUIT

ROOT & FRUIT



**Self-Control**