

# **“Practicing Self-Control”**

Lesson Text: **1 Corinthians 9:24-27.**

## **I. What Is Self-Control?**

- A. 2 Peter 1:4-6**— *“Temperance or self-control.”*
- B. Thayer**— *“Temperance means self-government.”*
- C. Strong’s**— *“To be strong in a thing (i.e. masterful).”*
- D. William Barclay**— *“The ability to take a grip of oneself.”*

**E. Misconception:** *“One of the proofs of God’s working in our lives is the ability to control our own thoughts, words, and actions. It’s not that we are naturally weak-willed. But our fallen nature is under the influence of sin. The Bible calls it being a “slave to sin” (Romans 6:6). One definition of sin is “filling a legitimate need through illegitimate means.” Without the power of the Holy Spirit, we are incapable of knowing and choosing how best to meet our needs.” .....When we are saved by Christ’s sacrifice, we are free (Galatians 5:1). That liberty includes, among other things, freedom from sin. “Our old self was crucified with him so that the body of sin might be done away with, that we should no longer be slaves to sin” (Romans 6:6). Now, as the Spirit gives us self-control, we can refuse sin.” (Got Questions— Your questions, Biblical Answers)*

- F. Major flaw:** If the Spirit gives us self-control, then how can we still sin?
- G. Proper view:** We must “add” (2 Peter 1:6) self-control to our spiritual life.

## **II. God Calls Us To Have Self-Control.**

**A. Scriptures That Directly call us to Practice Self-Control.**

**1. Matthew 16:24; Mark 8:34; Luke 9:23.**

— Deny self: “Means to forget oneself, lose sight of oneself and one’s own interest.” (Thayer). Literally— Say “No!” To yourself.

**2. Galatians 5:22-25. 3. Titus 2:11-12. 4. Acts 24:24-25.**

**B. Scriptures That Demand Self Control in Principle.**

**1. Romans 6:1; 6:12. 2. Galatians 2:20. 3. 2 Timothy 2:21.**

**4. James 1:12. 5. Proverbs 25:28** The devil can have his way with us!

**C. Any Scripture That Forbids Certain Practices Requires Self-Control.**

**1. Lust- 2 Timothy 2:22; Matthew 5:28. 2. Lying- Ephesians 4:25.**

**3. Sexual Immorality- 1 Corinthians 6:18. 4. Covetousness- Col. 3:5.**

**5. Retaliation- Romans 12:17-21. 6. Laziness- Romans 12:11.**

**7. Self-willed- Titus 1:7. 8. Hatred- Gal. 5:20. 9. Wrath- Gal. 5:20.**

**D. Any Scripture That Calls Us To Have Certain Attributes...**

**1. Meekness- Matthew 5:3. 2. Gentleness- 2 Timothy 2:24.**

**3. Patience- Galatians 5:22. 4. Love- Galatians 5:22.**

**5. Contentment- Hebrews 13:5.**

**E. All Obedience To Christ Requires Self-Control.**

**1. Submission- Ephesians 5:23-24; 2 Corinthians 10:5.**

**2. Doing God’s Will- Luke 22:42.**