



*Exercising
Self*

Control

Galatians 5:22-23

Self Control-Temperance

- **Restraining impulses, emotions, desires**
- **Controlling words, actions, thoughts**
- **Refraining from all behaviors that may lead self & others to sin**
- **Abstaining from all behaviors that are sinful within themselves**
- **Active Determination To Avoid Sin By Self And Others !**

Our Struggles Are Different

- **Satan Knows**

- No one immune-No Man, No Woman
- Romans. 3:23, *“All have sinned and come short of the glory of God...”*

- **True since the beginning**

- Genesis 3:1-6,
Eve tempted by Satan
- Genesis 3:7-8,
Feelings of lost control



Paul's Personal War

- **Romans 7:13-25, Spiritual Vs. Physical**
 - Law is spiritual, I am carnal, 14
 - What I want to do, I don't do, 15
 - What I hate, is what I do, 15
 - I fail to control sin, sin controls me, 17
 - Nothing good in me, I do no good, 18
 - Good that I want to do, I don't do, 19
 - Evil I don't want to do, I do, 19

Vs. 23, "I see another law in my members warring against the law of my mind"

Paul's Summary

“O wretched man that I am! Who will deliver me from this body of death? I thank God—through Jesus Christ our Lord! So then, with the mind I myself serve the law of God, but with the flesh the law of sin!”, Romans 7:24-25

Responsibility: Self Control

“There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh but according to the spirit.” Romans 8:1

Responsibility for Self Control

“For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit.”

Romans 8:5

Consequences

“To be carnally minded is death, but to be spiritually minded is life and peace...those who are in the flesh cannot please God...For as many as are led by the Spirit of God, these are sons of God.” Romans 8:6, 14

Self Control, Christian Race

- 1 Corinthians 9:24-27, *“Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it. And everyone who competes for the prize is temperate in all things...they do it to obtain a perish-able crown, but we for an imperishable crown Therefore, **I** run not with uncertainty.. **I** fight not as one who beats the air... **I** discipline my body and bring it into subjection, lest, when **I** have preached to others. **I** myself should become disqualified.”*

Failure to Exercise Self Control


- Galatians 5:19-21, “the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, envy, murders, drunkenness, revelries, and the like; of which I tell you...just as I also told you in time past, that those who practice such things will not inherit the kingdom of God.”

Danger, Danger, Danger

- **Take Control of Your Life**

- **Genesis 3:1, “serpent was more subtle than any beast of the field which the Lord God made.”**
- **1 Peter 5:8, “Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour”**
- **James 4:7-8, “Resist the devil and he will flee from you. Draw near to God and He will draw near to you.”**

God Has A Divine Plan

- **GOD'S PLAN...2 Peter 1:3**
 - *“His divine power has **GIVEN** to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue...*”
 - **TELL ME MORE.....2 Peter 1:4**
 - We have “*been **GIVEN** great and precious promises, through these you may be partakers of the divine nature”*”
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God Has A Divine Plan

- **THERE IS MORE...2 Peter 1: 5-9**

- *“for this very reason, giving all diligence, add to your faith virtue...knowledge... self-control...perseverance...godliness ...brotherly kindness...love.*

- **IF** *these things are yours and abound, you will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ. For he who lacks these things is short-sighted even to blindness, and has forgotten that he was cleansed from his old sins.”*

God Has A Divine Plan

- **AND YET MORE...2 Peter 1: 10-11**
 - **“Therefore, brethren, be even more diligent to make your call and election sure, for if you do these things you will never stumble;”**
 - **“for so an entrance will be supplied to you abundantly into the everlasting kingdom of our Lord and Savior Jesus Christ.”**

More of God's Divine Plan

Put on the whole armor of God

- Ephesians 6:14-17, *“Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God..”*



God's Helmet of Salvation

- **HEAR** the Gospel, Romans 10:17
- **BELIEVE** Jesus is God', John 8:24
- **REPENT** of Sins, Luke 13:3
- **CONFESS** Jesus, God's Son, Matt. 10:32
- **BAPTIZED** for remission of sins, Mark 16:16; Acts 2:38; Acts 22:16; Romans 6:3-7; Galatians 3:27
- **FAITHFUL** unto death, Revelation 2:10



Lesson Summary

- **Galatians 5:22-26, “*the fruit of the Spirit is love, joy, peace, long-suffering, kindness, goodness, faithfulness, gentleness, SELF-CONTROL. Against such there is no law. And those who are Christ’s have crucified the flesh with its passions and desires. If we live in the Spirit, let us also walk in the Spirit.*”**



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