



Believe

Week 24

Key Verse:

Titus 2: 11-13

For the grace of God has appeared that offers salvation to all people. It teaches us to say “No” to ungodliness and worldly passions,

and to live self-controlled,
upright and godly lives in this
present age, while we wait
for the blessed hope—the
appearing of the glory of our
great God and Savior, Jesus
Christ.

What does it mean to have
self-control?

Who does the world think
should be in control of each
of us?

What is wrong with
satisfying our own desires
instead of allowing God to
control us?

An excellent example of
what Biblical self-control
looks like is found in:

1 Corinthians 9: 24-27

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training.

They do it to get a crown that
will not last, but we do it to
get a crown that will last
forever. Therefore I do not
run like someone running
aimlessly; I do not fight like a
boxer beating the air

No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

How do Olympic athletes
train?

What type of Church would
we be if all of us trained
spiritually like the Olympic
athletes do physically?

How does this apply to
self-control?

How do you develop self-control?

1. Prayer
2. Bible Study
3. Help from others
4. Practice

We are good at making
excuses about how we
can't help it, we cannot
control ourselves.

What are some examples?

God closed our excuse
loophole in
1 Corinthians 10: 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.

Another common excuse:

God doesn't understand how
difficult it is for me to give this
sin up that is
controlling my life.

Hebrews 1: 14-15

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. 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.

Why is self-control so
difficult?

It is so difficult at times it is
compared to crucifixion

Matthew 10: 38

Whoever does not take up
their cross and follow me is
not worthy of me.

Matthew 16: 24-25

Then Jesus said to his disciples,
“Whoever wants to be my
disciple must deny themselves
and take up their cross and
follow me. For whoever wants to
save their life will lose it, but
whoever loses their life for me
will find it.

Self-control is not easy,
it is a battle

2 Corinthians 10: 3-5

For though we live in the world,
we do not wage war as the
world does. The weapons we
fight with are not the weapons
of the world. On the contrary,
they have divine power to
demolish strongholds.

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

Four common self-
control battlefronts
Christians face

1. The battle to control the tongue

Why is it difficult to control
our tongue?

What damage can be done
by what we say?

James 3: 5-6

Likewise, the tongue is a small part of the body, but it makes great boasts.

Consider what a great forest is set on fire by a small spark.

The tongue also is a fire,
a world of evil among the
parts of the body. It
corrupts the whole body,
sets the whole course of
one's life on fire, and is
itself set on fire by hell.

James 1: 26

Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves, and their religion is worthless.

Psalm 39: 1

I said, “I will watch my ways
and keep my tongue from
sin;

I will put a muzzle on my
mouth while in the presence
of the wicked.”

Today we speak in a different language. We speak in a digital language so our texts, emails and posts can do as much damage as our tongue speaking the words.

2. Battle our desire to
gossip

Ephesians 4: 29

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

1 Timothy 5: 13

Besides, they get into the habit of being idle and going about from house to house. And not only do they become idlers, but also busybodies who talk nonsense, saying things they ought not to.

Romans 1: 29

They have become filled with every kind of wickedness, evil, greed and depravity. They are full of envy, murder, strife, deceit and malice. They are gossips,

Why is it desirable to
gossip?

What damage can be done
by gossip?

3. Battle our desire for
what others have

Envy:

a feeling of discontented or resentful longing aroused by someone else's possessions, qualities, or luck.

Proverbs 14: 30

A heart at peace gives life to
the body,
but envy rots the bones.

Ephesians 5: 5 (NASB)

For this you know with certainty, that no immoral or impure person or covetous man, who is an idolater, has an inheritance in the kingdom of Christ and God.

Why do we want
what others have?

1 Timothy 6: 7-10

For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that.

Those who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge people into ruin and destruction.

For the love of money is a root
of all kinds of evil. Some
people, eager for money, have
wandered from the faith and
pierced themselves
with many griefs.

4. Battle our anger

James 1: 19-20

My dear brothers and sisters,
take note of this: Everyone
should be quick to listen, slow to
speak and slow to become
angry, because human anger
does not produce the
righteousness that God desires.

Ephesians 4: 26-27

“In your anger do not sin” : Do not let the sun go down while you are still angry, and do not give the devil a foothold.

What do we lose control of
when we get angry?

Our self-control

If self-control is so difficult, where do we get the power to do it?

John 15: 5

"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."

Romans 13: 14

Rather, clothe yourselves
with the Lord Jesus
Christ, and do not think
about how to gratify the
desires of the flesh.

Repeat after me:

I have the power
through Christ to
control myself.