



# Believe

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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.