

# ANOTHER LOOK AT SELF-CONTROL

## Fruitful Living – Part 10

June 9, 2013

**Galatians 5:22-23 (NIV)** *“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup>gentleness and self-control. Against such things there is no law.”*

### Self-Control Requires Great Strength Because...

- The hardest **PERSON** to say “no” to is yourself.
- Self-control means **DOING** what must be done.

**1 Samuel 24:6 (NIV)** *“The Lord forbid that I should do such a thing to my master, the Lord’s anointed, or lift my hand against him; for he is the anointed of the Lord.”*

### A Self-Controlled Life...

#### 1. Has **POSITIVE GOALS**.

**1 Corinthians 9:24 (NLT)** *“Don’t you realize that in a race everyone runs, but only one person gets the prize? So run to win!”*

#### 2. Involves **DISCIPLINE**.

**1 Corinthians 9:25a (NLT)** *“All athletes are disciplined in their training.”*

#### 3. Demands **FOCUS**.

**1 Corinthians 9:25b-26 (NLT)** *“They do it to win a prize that will fade away, but we do it for an eternal prize. <sup>26</sup>So I run with purpose in every step. I am not just shadowboxing.”*

#### 4. Includes the **WHOLE PERSON** .

**1 Corinthians 9:27a (NLT)** *“I discipline my body like an athlete, training it to do what it should.”*

#### Our mindset determines our actions and our feelings.

**Romans 8:5 (NIV)** *“Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.”*

**Romans 8:11 (NLT)** *“The Spirit of God, who raised Jesus from the dead, lives in you. And just as He raised Christ Jesus from the dead, He will give life to your mortal bodies by this same Spirit living within you.”*

#### 5. Means total **SUBMISSION** .

**Galatians 5:22 (TLB)** *“But when the Holy Spirit controls our lives he will produce this kind of fruit in us...”*

**Galatians 5:22-23 (NIV)** *“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup>gentleness and self-control. Against such things there is no law.”*

**Matthew 22:37-40 (NIV)** *“Jesus replied: ‘Love the Lord your God with all your heart and with all your soul and with all your mind. <sup>38</sup>This is the first and greatest commandment. <sup>39</sup>And the second is like it: Love your neighbor as yourself. <sup>40</sup>All the Law and the Prophets hang on these two commandments.’”*

**Galatians 5:16 (NIV)** *“So I say, walk by the Spirit, and you will not gratify the desires of the flesh.”*

**Galatians 5:24-25 (NIV)** *“Those who belong to Christ Jesus have crucified the flesh with its passions and desires. <sup>25</sup>Since we live by the Spirit, let us keep in step with the Spirit.”*

**2 Timothy 1:7 (NIV)** *“For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.”*