

SELF-CONTROL

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A COMMANDMENT

“Yea, and for this very cause adding on your part all diligence, in your faith supply virtue; and in your virtue knowledge; and in your knowledge self-control; and in your self-control patience; and in your patience godliness; and in your godliness brotherly kindness; and in your brotherly kindness love.” (II Peter 1:5-8).

Essential To Salvation

“And every man that striveth in the games exerciseth self-control in all things. Now they do it to receive a corruptible crown; but we an incorruptible. I therefore so run, as not uncertainly; so fight I, as not beating the air; but I buffet my body, and bring it into bondage: lest by any means, after that I have preached to others, I myself should be rejected.(I Cor. 9:25-27).

READ: (Romans 8:1; 13; and II Corinthians 5:10).

A Fruit Of The Spirit

“But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness faithfulness, meekness, self-control; against such there is no law. And they that are of Christ Jesus have crucified the flesh with the passions and the lusts thereof. If we live by the Spirit, by the Spirit let us also walk.” (Gal. 5:22-25).

Dangers Of No Control

HUNGER may lead to gluttony. (Proverbs 23:21; 25:16).

THIRST can lead to drunkenness. (Galatians 5:21).

SEX may lead to fornication or adultery. (Galatians 5:19-21).

DESIRES can grow to covetousness. (Luke 12:15).

MONEY has lead many to greed. (I Timothy 6:10; 17).

AMBITION can lead to self - exaltation. (Proverbs 16:18; Matthew 23:12).

DELEGATED scriptural power to Unscriptural Power. (3 John 9).

Must Control Emotions

ANGER: A man of great wrath shall suffer punishment. (Proverbs 19:19).

HATRED: One cannot love God and hate his brother. (I John 4:20).

FEAR: God hath not given us the spirit of fear....(II Timothy 1:7).

DEPRESSION: We must learn to rule our spirit. (Proverbs 25:28).

JEALOUSY: Jealousy is cruel as the grave. (Solomon's Song 8:6).

WORRY: “In nothing be anxious” (Phil. 4:6).

Guilt: To remove guilt, one must remove sin. (Acts 2:38; Matthew 26:28).

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**HUMAN MIND MUST
BE CONTROLLED**

1. "Keep thy heart with all diligence; for out of it are the issues of life." (Proverbs 4:23: Matthew 12:34-37).
 2. "Wherefore girding up the loins of your mind, be sober and set your hope perfectly on the grace that is to be brought unto you at the revelation of Jesus Christ;" (I Peter 1;13).
 3. "Have this mind in you, which was also in Christ Jesus;" (Phil. 2;5).
 4. "For as he thinketh within himself, so is he.": (Proverbs 23:7).
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How To Gain Self - Control

1. Realize how important it is. (II Peter 1;10-11).
 2. Practice discipline. (I Cor. 9:27).
 3. Learn how to sacrifice. (Romans 12:1).
 4. Realize that no temptation is too great to bear. (I Cor. 10:13).
 5. Have this attitude. (I Corinthians 6:12; 19; 20).
 6. Meditate on this verse. (James 1;19-20).
 7. Ask god for help. (Philippians 4:6-7; 4:13).
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