

Something To Talk About Talking About Self-Control

Acts 24:24-25 (NIV)

Several days later Felix came with his wife Drusilla, who was Jewish. He sent for Paul and listened to him as he spoke about faith in Christ Jesus. As Paul talked about righteousness, self-control and the judgment to come, Felix was afraid and said, "That's enough for now! You may leave. When I find it convenient, I will send for you."

What is self-control?

Engkratia – the virtue of one who masters his desires and passions

En = in

Kratos = strength, power, force, dominion

Your dominion is the scope of your reign

What do you possess dominion over?

"He who reigns within himself, and rules passions, desires, and fears, is more than a king." – John Milton

Proverbs 25:28 (ESV)

A man without self-control is like a city broken into and left without walls.

How can a king rule over a nation if he is incapable of ruling his own self?

Jesus wants His followers to possess self-control

Self-control is a supernatural work done in us by the Holy Spirit

2 Timothy 1:7 (ESV)

...for God gave us a spirit not of fear but of power and love and self-control.

3 ways that talking about self-control can help us share the Gospel

1 Thessalonians 5:23-24 (ESV)

Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. He who calls you is faithful; he will surely do it.

Attitude: control over your spirit

Proverbs 29:11 (ESV)

A fool gives full vent to his spirit, but a wise man quietly holds it back.

Proverbs 16:32 (ESV)

Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.

We give testimony to the truth of the Gospel by refraining from things like anger, gossip, and slander and pursuing thankfulness, mercy and forgiveness instead

Affection: control over your soul

“A little kingdom I possess, where thoughts and feelings dwell; and very hard I find the task of governing it will.” – Louisa May Alcott

Matthew 22:37 (ESV)

And he said to him, “You shall love the Lord your God with all your heart and with all your soul and with all your mind.

We give testimony to the truth of the Gospel by loving God, and the things of God, more than we love the world.

Titus 2:11-14 (ESV)

For the grace of God has appeared, bringing salvation for all people, training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age, waiting for our blessed hope, the appearing of the glory of our great God and Savior Jesus Christ, who gave himself for us to redeem us from all lawlessness and to purify for himself a people for his own possession who are zealous for good works.

Appetites: control over your body

If you cannot control your appetites, your appetites will control you

Titus 3:3 (ESV)

For we ourselves were once foolish, disobedient, led astray, slaves to various passions and pleasures, passing our days in malice and envy, hated by others and hating one another.

Philippians 3:19 (ESV)

Their end is destruction, their god is their belly, and they glory in their shame, with minds set on earthly things.

We give testimony to the truth of the Gospel when we discipline our bodies for the glory of God

1 Corinthians 9:23-27 (ESV)

I do it all for the sake of the gospel, that I may share with them in its blessings. Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

1 Peter 4:3-4 (ESV)

For the time that is past suffices for doing what the Gentiles want to do, living in sensuality, passions, drunkenness, orgies, drinking parties, and lawless idolatry. With respect to this they are surprised when you do not join them in the same flood of debauchery, and they malign you;

When we possess self-control we prove that King Jesus has dominion over us

Galatians 5:19-24 (ESV)

Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God.

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires.