



SUPERNATURAL LIVING FOR everyday life

A DISCIPLESHIP SERIES ON THE FRUIT OF THE SPIRIT

PART 10: Self-Control

Portland
CHRISTIAN CENTER

GALATIANS 5:16

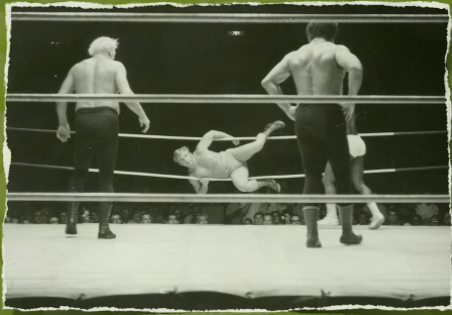
"So I say, live by the Spirit, and you will not gratify the desires of the sinful nature..."

GALATIANS 5:22-23

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law."

GALATIANS 5:24-25

"Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit."



"I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate. And I know that nothing good lives in me...I want to do what is right, but I can't. I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway."

ROMANS 7:15, 18-19

“Make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of Jesus.”

2 Peter 1:5-8

“So then, let us be alert and self-controlled. For those who sleep, sleep at night, and those who get drunk, get drunk at night. But since we belong to the day, let us be self-controlled, putting on faith and love as a breastplate, and the hope of salvation as a helmet.”

1 Thessalonians 5:6-8

“For the grace of God that brings salvation has appeared to all men. 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 glorious appearing of our great God and Savior, Jesus Christ.”

Titus 2:11-13

“Therefore, prepare your minds for action;
be self-controlled; set your mind fully on
the grace to be given to you when Jesus
Christ is revealed.”

1 Peter 1:13

“The end of all things is near. Therefore
be clear and self-controlled so that you
can pray.”

1 Peter 5:8

“Like a city whose walls have been broken
down is a man who lacks self-control.”

Proverbs 25:28

WITHOUT THE FRUIT OF SELF-CONTROL,
WE ARE **UTTERLY DEFENSELESS**
AGAINST THE ONSLAUGHT OF THIS
WORLD, OUR FLESH AND THE DEVIL.

What does the Bible mean
by self-control?

Self-Control = *egkrateia*

Being strong in something; mastering your moods,
impulses, and actions.

The ability to direct my energy to fulfill God's will
instead of channeling it for my gratification.

Literally, "to get a grip."

Where does the Bible call
me to practice self-control?

GET A GRIP ON **MY TEMPER!**

"A fool gives full vent to his anger, but a wise man
keeps himself under control."

Proverbs 29:11

Where does the Bible call me to practice self-control?

GET A GRIP ON **MY SEXUAL DESIRES!**

"Do not lust in your heart after the beauty of an adulterous woman, or let her captivate you with her eyes, for she will reduce you to a loaf of bread, the adulterous preys upon your very life."

Proverbs 6:25-26

Where does the Bible call me to practice self-control?

GET A GRIP ON **MY CONSUMPTION!**

"In the house of the wise are stores of choice food and oil, but a foolish man devours all he has."

Proverbs 21:20

Where does the Bible call me to practice self-control?

GET A GRIP ON **MY AMBITIONS!**

"Do not wear yourself out to get rich; have the wisdom to show restraint."

Proverbs 23:4

Where does the Bible call me to practice self-control?

GET A GRIP ON **MY APPETITE!**

"When you go out to dinner with an influential person, mind your manners: Don't gobble your food, don't talk with your mouth full. And don't stuff yourself; bridle your appetite."

Proverbs 23:1-3 (Message)

Where does the Bible call me to practice self-control?

GET A GRIP ON **MY MOUTH!**

"Don't talk too much, for it fosters sin. Be sensible and turn off the flow!"

Proverbs 10:19 (NLT)

"Watch your words and hold your tongue; you'll save yourself a lot of grief."

Proverbs 21:23 (Message)

I MUST START WITH ME!

"The first victory that successful people ever win, is the victory over themselves."

John Maxwell



How to gain self-control

SELF-CONTROL STARTS
WITH *self-mastery!*

1 I MUST START SMALL!

You can eat an elephant...
...a bite at a time.



How to gain self-control

3 I MUST START NOW!

“Work hard to show the results of your salvation,
obeying God with deep reverence and fear. For
God is working in you, giving you the desire and
the power to do what pleases him.”

Philippians 2:12-13 (NLT)



How to gain self-control

"THIS IS TO MY FATHER'S GLORY, THAT
YOU BEAR MUCH FRUIT, SHOWING
YOURSELVES TO BE MY DISCIPLES."

John 15:8



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