

THE WISDOM OF SELF-CONTROL

God wants us to have the wisdom to develop self-control
in our own lives

Proverbs 25:28 (NLT)

28 A person without self-control is like a city with broken-down walls.

A wall is the **primary defence** against attack from an enemy.

Without self-control, we become **vulnerable** to poor decisions and destructive behaviors.

ἐγκράτεια (self-control)

Meaning: “*mastery*” or “*self-restraint*”.

Biblical self-control is not found in personal will power, but in the empowerment of the Holy Spirit.

Galatians 5:22-23 (NLT)

22 "But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness,

*goodness, faithfulness, gentleness, and self-control.
23 There is no law against these things!"*

The **kind of seed** that is planted in the soil of our minds and our hearts is what **will determine the fruits** we will see in our lives.

THE SEED OF - Scripture

Scripture has the power to guide, teach, and transform our hearts and minds

Romans 12:2 (NLT)

2 "Let God transform you into a new person by changing the way you think."

God is ready and waiting to transform you into a new person!

What comes out of your mouth will always show what you are full of. Are you full of the **Word** or are you full of the **World**?

2 Timothy 3:16-17 (NLT)

16 "All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is

wrong in our lives."17 God uses it to prepare and equip his people to do every good work.

Whenever we step into God's word, we are fortifying ourselves.

Philippians 4:8 (NLT)

8 "Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable."

God's word changes our understanding of sin and our priorities. It puts tools in our hand to help develop discipline and self-control.

Psalms 119:11 (NLT)

11 "I have hidden your word in my heart, that I might not sin against you."

When we align our minds to the word of God, our desires come under a self control that is empowered by the Holy Spirit.

THE SEED OF - *The Holy Spirit*

The witness of the Holy Spirit in our lives goes hand in hand with our faith walk. **We cannot fully live-out our faith without the empowerment of the Holy Spirit.**

John 16:8 (NLT)

8 "And when he comes, he will convict the world of its sin, and of God's righteousness, and of the coming judgment."

The Holy Spirit shines a light on every dark corner in our life to show us what things in our life are breaking down the walls of our fortified city.

Romans 6:12 (NLT)

12 "Do not let sin control the way you live; do not give in to sinful desires."

Without the witness of the Holy Spirit, we become enslaved to sinful habits and make decisions that do not honour God and do not honour our neighbour.

Philippians 2:13 (NLT)

13 "For God is working in you, giving you the desire and the power to do what pleases him."

By listening to the witness of the Holy Spirit within us, God is instilling within us new desires and empowering us to be able to do what pleases Him.

THE SEED OF - *Prayer*

The discipline of prayer is the catalyst to all other forms of discipline in our lives.

1 Thessalonians 5:17 (NLT)

17 "Never stop praying."

Prayer is foundational... it is crucial to our experience and our expression as followers of Christ.

Matthew 26:41 (NLT)

41 "Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak!"

Jesus says that you are to remain vigilant and ready, even in the midst of prayer.

Vigilante prayer is one that can see attack coming and in-turn seek God's strength and defence, in prayer.

THE SEED OF - *Community*

God often works and speaks through those around us.

James 5:16 (NLT)

16 "Confess your sins to each other and pray for each other so that you may be healed."

We aren't meant to do life alone, we were meant for community.

Hebrews 12:11 (NLT)

11 "No discipline is enjoyable while it is happening—it's painful! But afterward, there will be a peaceful harvest of right living for those who are trained in this way."

You cannot fully outwork your christian faith without people around you.

It is by the correction and discipline of Godly counsel and a faith community, that you actually find those opportunities to grow to be more Christlike.

Proverbs 27:17 (NLT)

17 "As iron sharpens iron, so a friend sharpens a friend."

It is by rubbing up against other believers that God does His sanctifying work in us and through us.

Proverbs 37:30-31 (NLT)

30 “The godly offer good counsel; they teach right from wrong. 31 They have made God’s law their own, so they will never slip from his path.”

Godly counsel and relationships help us to reflect on our decisions and help us develop self-control and responsible behavior.

The wisdom of self-control is what Christ modelled to us in His own life.

- **Christ’s temptation in the wilderness** - *The seed of Scripture.*
- **Christ being baptised by John** - *The seed of the Holy Spirit's witness* and the *seed of Community*
- **Christ’s ministry** - *The seed of prayer*

Christ modelled true biblical self-control.

CHALLENGE:

What seeds need watering?

What seeds are yet to be planted?