

Living a Fruitful Life: Self-Control
Galatians 5:22-23

Main Point:

Knowing its necessity, extent, and benefit, be self-controlled by the power of Christ in you.

1. Self-control is essential in the Christian life.
2. Self-control applies to all areas of your life.
3. Self-control guards and protects your life.
4. Self-control comes from Christ who has given you life.

Luke 9:23 23 Then He said to *them* all, “If anyone desires to come after Me, let him deny himself, and take up his cross daily, and follow Me. (NKJV)

Jerry Bridges “Self-control is necessary because we are at war with our own sinful desires.”

1 Corinthians 10:31 31 Therefore, whether you eat or drink, or whatever you do, do all to the glory of God. (NKJV)

1 Thessalonians 4:3-5 3 For this is the will of God, your sanctification: that you should abstain from sexual immorality; 4 that each of you should know how to possess his own vessel in sanctification and honor, 5 not in passion of lust, like the Gentiles who do not know God; (NKJV)

Philippians 4:8 8 Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things. (NKJV)

Jerry Bridges “Our minds are mental greenhouses where unlawful thoughts, once planted, are nurtured and watered before being transplanted into the real world of unlawful actions.”

Proverbs 16:32 32 *He who is slow to anger is better than the mighty, And he who rules his spirit than he who takes a city.* (NKJV)

Proverbs 25:28 28 *Whoever has no rule over his own spirit is like a city broken down, without walls.* (NKJV)

Jerry Bridges “Self-control is the believer’s wall of defense against the sinful desires that wage war against his soul.”

Christopher Wright “Self-control does involve effort of the will, but it is an effort inspired and empowered by the Spirit of God ...”