

Sexual Self-Control

1 Thessalonians 4:4-5 | January 14, 2024

1. Sexual Self-Control is Universal

“Now these things happened to them as an example, but they were written down for our instruction, on whom the end of the ages has come. Therefore let anyone who thinks that he stands take heed lest he fall. No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.” **1 Corinthians 10:11–13**

2. Sexual Self-Control is Mental

“Do you not know that your bodies are members of Christ? Shall I then take the members of Christ and make them members of a prostitute? Never! Or do you not know that he who is joined to a prostitute becomes one body with her? For, as it is written, “The two will become one flesh...” Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own,”

1 Corinthians 6:15–16, 19

“I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.” **Romans 12:1–2**

“Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.”

Philippians 4:8

3. Sexual Self-Control is Physical

“You have heard that it was said, ‘You shall not commit adultery.’ But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart.”

Matthew 5:27–28

“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...” 1

Corinthians 9:25–27

4. Sexual Self-Control is Unusual

5. Sexual Self-Control is Relational

6. Sexual Self-Control is Spiritual

“For the grace of God has appeared, bringing salvation for all people, training us to renounce ungodliness and worldly, 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.”

Titus 2:11–14

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

Proverbs 25:28

“Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.”

1 Corinthians 6:19–20