

Fruit of Self-Control

Galatians 5:23; 1 Corinthians 9:24-27

East Berlin Community Church

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Introduction

- Battle with weight loss
- Self-control separates the men from the boys, the professional from the amateur.

The Fruit of Self-Control

A. The Meaning of Self-control

1. *"To have power over oneself, to master, control, curb, restrain one's own desires, to be self-disciplined"*
2. Contrast to the final two deeds of the flesh: *"Drunkenness and revelries"*

B. The Models of Self-Control

1. God the Father

- a. God cannot be tempted with evil—James 1:13
- b. He is absolutely perfect in holiness and thus under perfect control.

2. Jesus Christ

- a. Was Jesus Christ *"not able to sin"* (as God) or *"able not to sin"* (as man) ?
- b. Jesus Christ was *"tempted in all points as we are, yet without sin"*. —Hebrews 4:14-15
 - 1) In the wilderness, tempted by the *"lust of the flesh, lust of the eyes, and pride of life"*.—1 John 2:16; Matthew 4:3-9
 - 2) In the Garden of Gethsemane and at the cross, Jesus was tempted to save Himself. Matt. 27:40-43
- c. As the Son of God, Jesus could have used His divine power but chose rather to use the same tools we have today to combat temptation—The Word of God and submission to God's will.
- d. Jesus never sinned, perfectly obeying the Father. John 6:38; 8:28-29; 17:4
- f. Since Jesus was successful in handling temptation, he can help us.—Hebrews 2:17-18

C. The Means to Self-Control

1. The importance of it in spiritual growth—2 Peter 1:8, 5-7

2. How is it possible for us to develop self-control?

- a. Before Christ, we were enslaved to our sinful passions and lusts. Ephesians 2:1-3
- b. By Jesus' death on the cross, the power of sin over us has been broken. Romans 6:4-6, 11-13; Titus 2:11-13
- c. Our experience is that our will-power is no match for sin-power. Romans 7:15, 17-19
- d. As we are *"walking in the Spirit we will not fulfill the lusts of the flesh"* —Galatians 5:16
- e. Answer to the seeming contradiction of *"Spirit-control and self-control"*. God works His will through our will. Philippians 2:12-13

3. Example: Paul and Self-control 1 Corinthians 9:24-27

- a. There are winners and losers in the Christian life—9:24; 2 Cor. 5:10; Matt. 10:42; 1 Cor. 3:13-15
- b. We must plan to be *"winners"*, to make it our goal—9:24; Romans 12:1-2
- c. In order to win, we must exercise self-control or self-discipline. 9:25-27
 - 1) Must follow the team rules, be *"temperate"* in all things.
 - 2) Must set priorities and proper goals
 - 3) Must make tough decisions in order to reach our goals
 - 4) Failure might mean disqualification