



# The Fruit of the Spirit

Self-Control





# Definition

- Temperance (not just in relation to alcohol); the virtue of one who **masters his desires** and passions, especially his sensual appetites; **holding oneself in**
- That we are commanded **self**-control indicates that there are desires that “self” produces that we must control.
- Jesus described this characteristic as necessary for coming to Him – Lk. 9:23



# Nature of Godly Self-Control

- Not just outward control of one's actions by personal will.
- Godly self-control starts in the heart with every thought being subjected to Christ – 2 Cor. 10:4-5
  - Self-control is not evaluated by our deeds alone – Mt. 5:21-22, 27-28
  - It is achieved *by faith* in Christ to bring victory – 1 Pet. 5:6-9
- It is not man-centered, but God-centered, resulting in glory to Him.



## Self-Control:

# Important because...

- Those who lack it are open to constant problems in life – Prov. 25:28; 16:32
- Without self-control we cannot bear proper fruit to God – 2 Pet. 1:5-8
- A lack of self-control will work against God in our lives. For, without controlling...
  - Our **temper**, we cannot be righteous – Jas. 1:19
  - Our **tongue**, our religion is useless – Jas. 1:26

## Self-Control:

# How it is Cultivated

- ***Understanding*** that God has set a proper way to live one's life to receive heaven – 1 Cor. 9:24, 27; Titus 2:11-14
- ***Discipline*** applied to all aspects of life – 9:25a
- ***Focus*** on the goal of heaven remaining continually in our minds – 9:25b-27
  - We must keep our sights on the eternal prize – 9:25b
  - We cannot live an aimless life – 9:26
  - We must work through the pain – 9:27