Be Self-Controlled

Shawn Jeffries · 2 Peter 1:5–7 · Series: **Be Transformed**

INTRODUCTION

- I submit to you that the main thing that A. C. Green possessed that helped him stay true to his convictions during his NBA career was self-control.
- In 2 Peter chapter 1, verses 5 through 7, we find some ingredients for spiritual transformation.
- He says that if we want to be transformed, then we have to be self-controlled.

1 Self-Control Is Emphasized Throughout the Bible

Proverbs 25:28; Acts 24:25; Galatians 5:22–23

- Like a city that is broken into and without walls is a man who has no control over his spirit.
- We are governing a city, and when we don't have self-control, our lives are like a city without walls.
- I submit to you that in all these cases, these people fail spiritually because of a lack of self-control.
- He preached to the Roman governor Felix, and the Bible says he preached to Felix about righteousness, self-control, and the judgment to come.

2 What Is Self-Control?

- It involves controlling your emotions and your passions and your desires.
- It involves not just knowing the right thing to do, but also doing the right thing.
- For the Christian, when they have self-control, that means God has full control.
- A desire to please God gives them the discipline and the restraint and the strength from within to avoid doing what is wrong.

3 Where Do We Need Self-Control in Our Daily Lives?

Ephesians 4:26–27; Matthew 5:27–28; 1 Corinthians 6:19–20

- Be angry and yet do not sin. Do not let the sun go down on your anger. Do not give the devil an opportunity.
- He's talking about controlling our sexual passions and desires and avoiding defiling our bodies with sexual immorality.
- God expects us to have some sound judgment and be wise, have self-control over our speech.
- Everyone who looks at a woman with lust for her has already committed adultery with her in his heart.
- This body doesn't belong to me. It belongs to God. And so I gotta make sound and wise decisions when it comes to what I'm putting in this body.
- We got to control our thoughts. We got to monitor our thoughts, discipline our thoughts.

4 First, We Need Knowledge

2 Peter 1:6; Psalm 119:9–11

- We got to constantly acquire knowledge from the word of God.
- Peter closely connects knowledge with self-control. He says, Knowledge, then self-control.
- How can a young man keep his way pure? By keeping it according to your word.

5 We Need Some Forethought

Luke 14:28

- By forethought, I mean we gotta think about the consequences of our decisions.
- As Jesus says in Luke chapter 14 and verse 28, we got to count the cost.
- I gotta pause to think about the consequences for not having self-control in this moment.

6 Get Some Walls

Proverbs 25:28

- At the end of the day, self-control is really about having walls.
- It's about doing what is necessary to keep ourselves out of situations that will be tempting for us.
- That might require that we cut ourselves off from some old boyfriends and girlfriends from high school and college.

> THE CHALLENGE
>
> **Do you live a life for Jesus Christ? Do you right now live a life that is pleasing to Jesus? Have you begun the path of discipleship?**

MY NOTES