Self Control: The Key to Discipline

Mark Roberts · Proverbs 25:28 · Series: **Meeting with Mark Roberts**

INTRODUCTION

- A man without self-control is like a city broken into and left without walls.
- I'm talking about the place where Christianity is won and lost, and that is in your mind.
- Are you like a city that has no walls because you can't control yourself?

1 Self-Control Means Holding Yourself In

2 Peter 1:5–6

- Make every effort to supplement your faith with virtue, and virtue with knowledge and knowledge with self-control.
- What that word entails there is the idea of holding yourself in.
- That's a word that really has the idea of power embedded in it, the power to control ourselves.

2 Self-Control Does Not Banish All Emotion

- How we could get that idea out of the Bibles beyond me. God has emotions throughout Scripture.
- It's a word which means the passions are there, but our reason fights against them and prevails so as to control them.
- The passions remain but they're under control to be his servants not his tyrants.

3 Self-Control Is Not Imposed by Others

1 Corinthians 9:25–27

- Every athlete exercises self-control in all things. They do to receive a perishable wreath. We an imperishable.
- I discipline my body. I keep it under control, lest after preaching to others I myself should be disqualified.
- Paul is talking about the ability to do this on our own, not have that imposed on us by others.
- I'm talking about something you want to do for yourself. Control yourself.

4 Not a Gimmick but a Lifestyle

- You're not going to be able to master yourself because you get a new bookmark for your Bible, or because you attend a gospel meeting.
- This isn't about some sort of gimmick. This is about a lifestyle.
- This is about changing how we do to make self-control a permanent part of our character, not a temporary addition.

5 We Need to Learn to Value Self-Control

Romans 12:1–2

- Present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.
- Don't be conformed to this world. Be transformed by the renewal of your mind.
- The beginning of this, is that we need to learn to value self-control.
- Our world around us is out of control. The world around us does not value self-mastery in any shape or form.
- There's so many places in life where we have to value self control.

MY NOTES