What Is Self Control?

David Banning · Proverbs 25:28 · Series: **Christian Living (Attributes of)**

INTRODUCTION

- He said, like a city whose walls are broken down is a man who lacks self-control.
- It said that a man without self-control was vulnerable, easily attacked and overcome by his enemy.
- Problems like these and countless others, problems that make us feel like our lives are out of control, but ultimately are rooted in the same foundation. The absence of self-control.

1 What Self-Control Is: Good Self-Government

1 Timothy 3:2; Galatians 5:23; 2 Peter 1:6

- It is the ability to restrain ourselves, to moderate our passions, to discipline ourselves... It is good self-government.
- Self-control decides who wins. It is the power in that circumstance to be ruled by your principles rather than your passions.
- It's talking about a person who is level-headed and who uses good judgment, and it's emphasizing the importance of the sound mind in exercising good self control.
- Inner strength gives us the power to do the things that our sound judgment tells us we ought to do.

2 Our Problems Are Rooted in Lack of Self-Discipline

Colossians 3:23

- Number one, it's critical because so many of our problems in life are rooted in our lack of self-discipline.
- Brethren, when we're spending more than we're taking in, it is undisciplined living.
- Whatever you do your work heartily as for the Lord rather than for men, knowing that from the Lord you will receive reward of inheritance.
- The problem is not knowing better. It's the discipline to turn off the television and go study, isn't it?

3 We Suffer the Unhappiness They Bring

- With those troubles will come the added benefit of the unhappiness they bring.
- So many of our problems are rooted in a lack of self-control. And as a result of that, number two, we suffer the unhappiness they bring.

4 Nobody Can Be a Disciple Without Self-Control

Matthew 16:24; Romans 12:17

- Nobody can be a disciple of Jesus Christ without self-control.
- If anyone wishes to come after me, let him deny himself and take up his cross and follow me.

- To deny self. I mean, that is in essence the heart of what self-control is: the ability to say no to what my passions may otherwise want me to do.
- The challenge we face of being a Christian is every moment of every day to bring our lives into line with His will, which is the essence of what self-discipline is.

5 We Develop a Sound Mind by Studying the Bible

Psalm 119:11; Proverbs 15:1

- We develop a sound mind by studying the Bible.
- Thy word have I treasured in my heart, that I may not sin against you.
- Find those passages and make you a list and start committing them to memory.
- We don't do enough Bible study for the purpose of personal character development.

6 Inner Strength Comes From Counting the Cost

- I suspect that to some degree that strength comes from spending some time thinking about the price we pay when we do not exercise self-control.
- I think we find the strength to resist our passions when we've stopped and counted the cost for what we will pay when we don't.
- An uncontrolled temper is a sin before God that will condemn our souls.
- Get out a sheet of paper and run through the list of the penalties you suffer in whatever area you're struggling with discipline.
- If we would stop and do it, I tell you, we'll find the ability to hold ourselves in and resist the temptation to be undisciplined in our living.

> THE CHALLENGE
>
> **I would challenge you this evening to ponder in our own lives. What areas are troubled by a lack of self-discipline? To study the Bible passages related to that weakness. To consider what that's costing us. And to pray for the help of God.**

MY NOTES