

## 11. Self-Control

The message of the gospel is having trust in someone greater than ourselves. That someone, as we know, is our Lord and Savior Jesus Christ. We will encounter many trials throughout our Christian walk. In order to overcome them it will take self-control.

Self-control is “restraint exercised over ones own impulses, emotions or desires”. As Christians we desire to do what is right in the eyes of the Lord, but we are constantly struggling with sin.

### Begin memorizing Romans 13:14 (NIV)

**“Clothe yourself with the Lord Jesus Christ, and do not think about how to gratify the desires of the sinful nature”.**

1. Read Romans 7:14-25. In this passage Paul tells us of his struggle with sin, but also of his victory in Jesus Christ. How does this passage give you hope with your walk with Christ?

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2. What is the key to conquering sinful desires? Galatians 5:16

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Self-control is just one part of Christian character. It is produced by the Holy Spirit, not by the mere moral discipline of trying to live by the law.

3. List the fruit of the Spirit. Galatians 5:22-23

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Notice the word “fruit” in verse 22 is singular. Self-control is just one portion of the fruit. One of the things that the Spirit promises to do for the child of God is to enable him or her to master self, weakness’ and areas of temptation.

4. II Peter 1:5-9 speaks of the virtues that will produce a well-rounded, fruitful Christian life. According to vs. 6, what are we to add to knowledge?

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5. Read the story of Joseph and Potiphar's wife in Genesis 39:1-12. Joseph showed self-control by doing what? Vs.12

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6. 1 Corinthians 6:18 tells us to \_\_\_\_\_ from sexual immorality.

Self-control is not idleness, it consists of action. It is not something to play with, but rather something to put into practice, through the power of the Holy Spirit.

7. Read II Samuel 11:1-5, the story of David and Bathsheba. Did David exercise self control or did he play with it? Vs. 3

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8. What are the three areas in our life that need to be and must be controlled? 1 John 2:16.

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We will continually be attacked by temptation, but the victory is ours in Jesus Christ. See James 4:7.

9. Write what Jesus says in Matthew 26:41

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As we are filled with the Spirit of God, we are given power to overcome whatever assaults the enemy might make. Not because we have control of ourselves, but because we yield ourselves to the Spirit of God and allow Him to provide us with His controlling power. We must remember. We will only have self-control when we let God have full-control.

See II Corinthians 3:5.

10. Being joint heirs with the living God is the secret of being content, and the source of our strength. What do the following scriptures tell us about our strength?

Philippians 4:13 \_\_\_\_\_

II Peter 1:2,3 \_\_\_\_\_

11. Self-control teaches us not to surrender to circumstances or succumb under trial. It teaches us patience. Do you have patience through self- control?

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Write out your memory verse:

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12. Do you have any questions, problems, or comments that you would like to share with us?

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