



Developing Self-Control

GOING VIRAL #10 of 10

May 24, 2020 – Tim Gill

Get wisdom, self-control, and understanding. **Proverbs 23:23b (NCV)**

Because you have these blessings, do your best to add these things to your lives...⁶ add self-control... **2 Peter 1:5-6a (NCV)**

3 keys to developing self-control:

1. Self-control **begins with self-awareness.**

Let's take a good look at the way we're living and reorder our lives under God. **Lamentations 3:40 (MSG)**

Five common areas where I can lose control:

- **My moods.**

A fool expresses all his emotions, but a wise person controls them. **Proverbs 29:11 (NOG)**

- **My mouth.**

Take care with the things you say. Don't lie or spread gossip or talk about improper things. **Psalms 34:13 (VOICE)**

- **My money.**

The wise man saves for the future, but the foolish man spends whatever he gets. **Proverbs 21:20 (TLB)**

- **My body.**

God wants each one of you to learn to control your own body. Use your body in a way that is holy and that gives honor to God. **1 Thessalonians 4:4 (ERV)**

- **My desires.**

And they, [the ungodly in their spiritual apathy], having become callous and unfeeling, have given themselves over [as prey] to unbridled sensuality, eagerly craving the practice of every kind of impurity [that their desires may demand]. **Ephesians 4:19 (AMP)**

An evil man will be caught in his evil ways. He will be tied up by his sins as if they were ropes. ²³ He will die because he does not control himself. He will be held captive by his own foolishness. **Proverbs 5:22-23 (ICB)**

2. Self-control **involves self-regulation.**

Since you have heard about Jesus and have learned the truth that comes from him, ²² throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. ²³ Instead, let the Spirit renew your thoughts and attitudes. ²⁴ Put on your new nature, created to be like God—truly righteous and holy. **Ephesians 4:21-24 (NLT)**

Two examples of developing self-control:

- An example from **construction.**

Losing self-control leaves you as helpless as a city without a wall. **Proverbs 25:28 (CEV)**

- An example from **competition.**

A true athlete will be disciplined in every respect, practicing constant self-control in order to win ... But we run our race to win a victor's crown that will last forever. **1 Corinthians 9:25 (TPT)**

So I run straight to the goal with purpose in every step. I am not like a boxer who misses his punches. ²⁷ I discipline my body like an athlete, training it to do what it should. **1 Corinthians 9:26-27a (NLT)**

3. Self-control **requires self-surrender.**

I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate. **Romans 7:15 (NLT)**

I want to do what is right, but I can't. ¹⁹ I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway. **Romans 7:18b-19 (NLT)**

Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? ²⁵ Thank God! The answer is in Jesus Christ our Lord. **Romans 7:24-25 (NLT)**

His Spirit is a source of power and love and self-control. **2 Timothy 1:7b (ERV)**

Do not let sin control the way you live; do not give in to sinful desires. ¹³ Do not let any part of your body become an instrument of evil to serve sin. Instead, give yourselves completely to God, for you were dead, but now you have new life. So use your whole body as an instrument to do what is right for the glory of God. **Romans 6:12-13 (NLT)**