



# *Welcome to Sierra Community Church*

Text

*“Be still, and know that I am God”*

*-Psalm 46:10*

9/28/08







# What in the WORLD are we joining?



**OPENS  
OCTOBER 5<sup>TH</sup>**







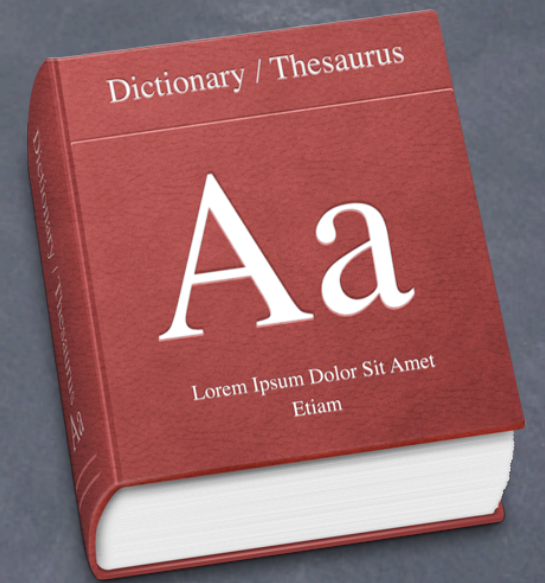
*THIS IS TO MY FATHER'S GLORY, THAT YOU BEAR MUCH FRUIT,  
SHOWING YOURSELVES TO BE MY DISCIPLES. - JOHN 15:8*







# DEFINITION

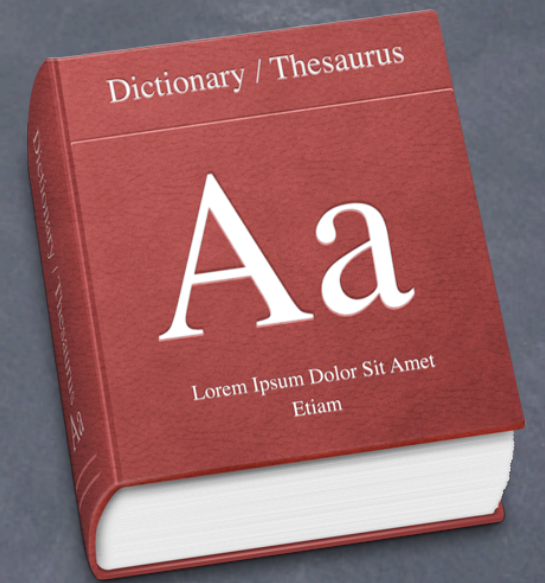


self-control

the ability to control oneself,  
in particular one's emotions  
and desires or the expression  
of them in one's behavior,  
esp. in difficult situations.



# DEFINITION



self-control

the ability to control oneself...

## Thesaurus

self-control

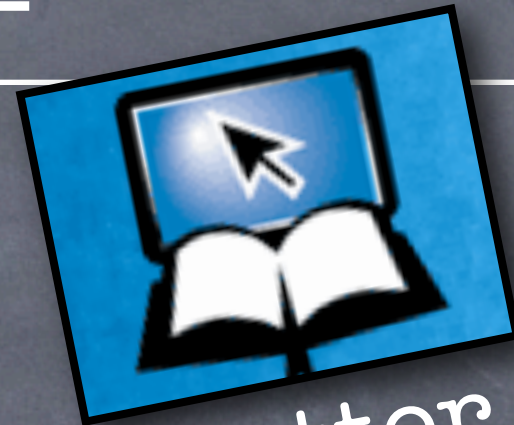
self-discipline, restraint,  
willpower, composure.



# DEFINITION

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Greek: ἐγκράτεια  
egkrateia



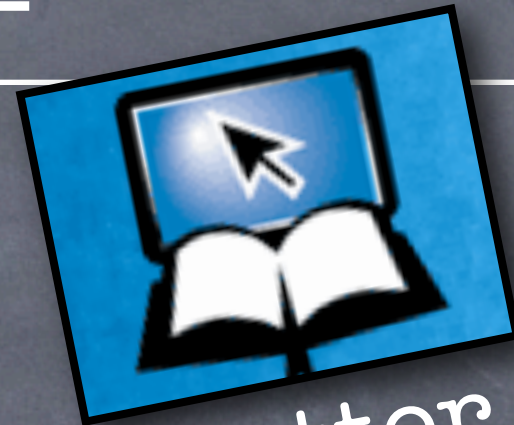
Blue Letter Bible

egkrateia: *restraining passions  
and appetites*



# DEFINITION

Greek: ἐγκράτεια  
egkrateia



Blue Letter Bible

egkrateia: *restraining passions  
and appetites*

akrasia: *excess, self-indulgence*

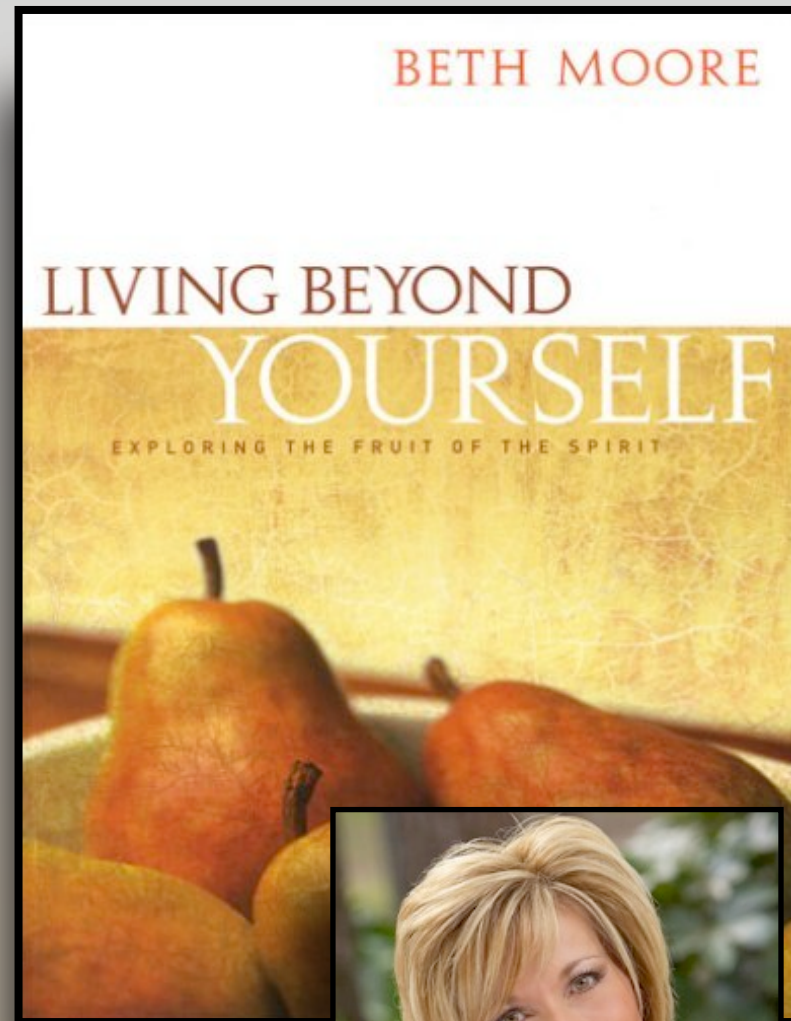


*“A person without  
self-control is as  
defenseless as a city with  
broken-down walls.”*

*-Proverbs 25:28*



**“Lack of self-control  
kills self respect ,  
friendships, marriages,  
careers, and ministries.  
No one can boast that  
they’ve always avoided it’s  
clutches.”<sup>1</sup>**



<sup>1</sup> Beth Moore: Lifeway Press 1998 “Living Beyond Yourself, Exploring The Fruit of The Spirit” pg.200



# Procrastination

*“Procrastination is my sin. It brings me naught but sorrow. I know that I should stop it. In fact, I will—tomorrow!”*

*- Gloria Pitzer*



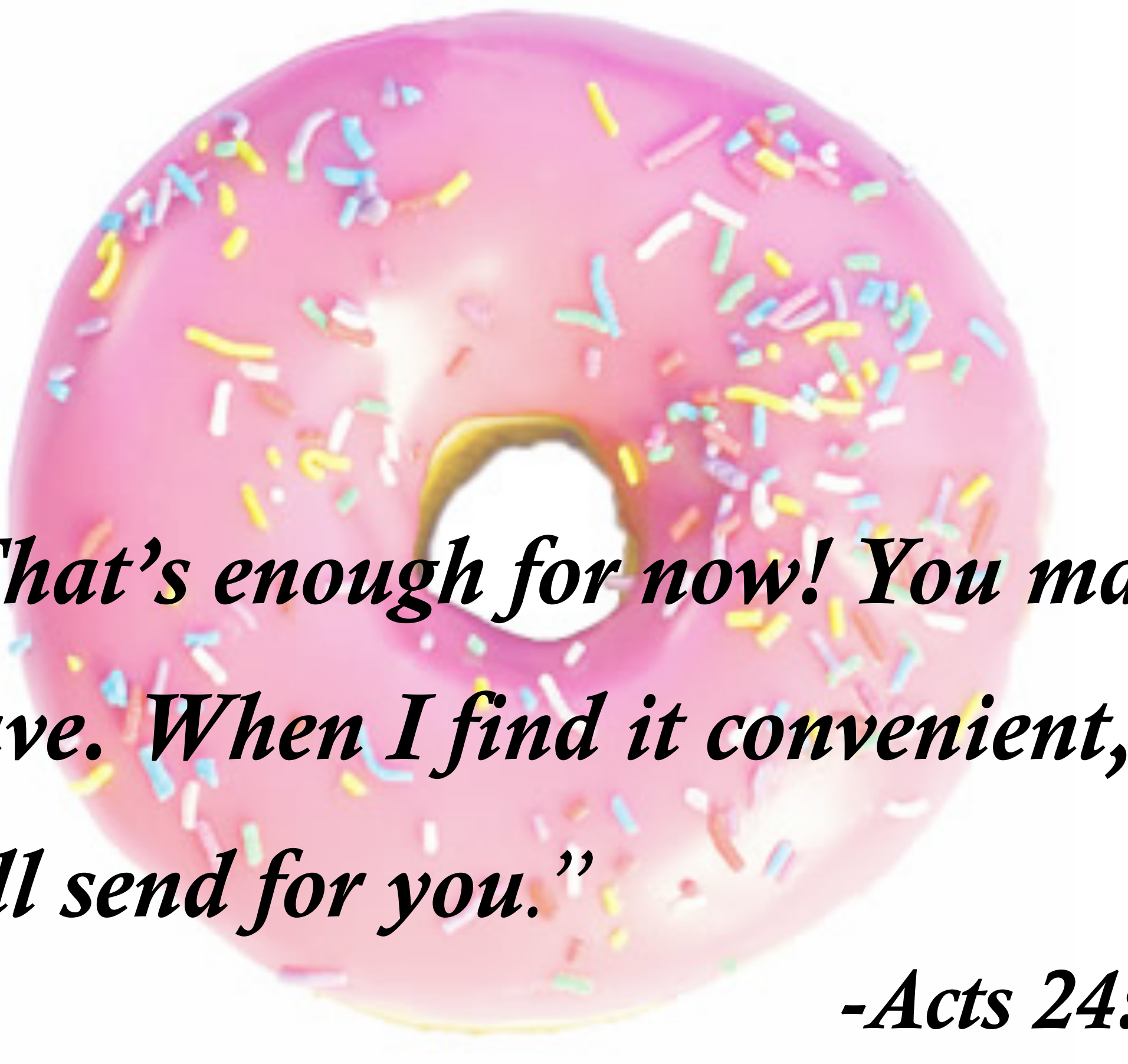


*As Paul discoursed on righteousness,  
self-control and the judgment to come,  
Felix was afraid and said,*

***“That’s enough for now! You may  
leave. When I find it convenient, I  
will send for you.”***

***-Acts 24:25***





*“That’s enough for now! You may leave. When I find it convenient, I will send for you.”*

*-Acts 24:25*



*Noah on self-control:*



*“That’s enough for now! You may leave. When I find it convenient, I will send for you.”*

*-Acts 24:25*



*A Bridge To Freedom*

# 1. Examine your life.

Let us examine our ways  
and test them, and let us  
return to the LORD.

*-Lam. 3:40*





# A Bridge To Freedom

## 1. Examine your life.

<sup>23</sup> Search me, O God, and know my heart;  
test me and know my anxious thoughts. <sup>24</sup>  
See if there is any offensive way in me, and  
lead me in the way everlasting.

-Psalms 139:23-24





# A Bridge To Freedom

## 1. Examine your life.

<sup>32</sup> *Teach me what I cannot see; if I  
have done wrong, I will not do  
so again. -Job 34:32*





*A Bridge To Freedom*

1. Examine your life.



*Ignatius*

Founder of the Jesuits  
1491-1556

# *Prayer Of Examine*

Disciplines  
For Life  
Sierra Community Church  
Core Values Class





# *A Bridge To Freedom*

*"The reason we  
inventory our day is so  
that we won't re-create  
the same mistakes" -*

*Tom Barnes*





*A Bridge To Freedom*

2. Admit , you need help.

I acknowledged my sin to you  
and did not cover up my iniquity.

-Psalm. 32:5





*A Bridge To Freedom*

## 2. Admit , you need help.

He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy.

*-Prov. 28:13*





# A Bridge To Freedom

## 2. Admit , you need help.

<sup>4</sup> Remain in me, and I will remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. <sup>5</sup> “I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; *apart from me you can do nothing.* -John 15:4-5





*A Bridge To Freedom*

### 3. Commit yourself to making changes!

Then Jesus said to his disciples, “If anyone would come after me, he must deny himself and take up his cross and follow me.

*-Matt. 16:24*





*A Bridge To Freedom*

3. Commit yourself to  
making changes!

“I made a covenant with  
my eyes not to look  
lustfully at a girl.”

*-Job 31:1*





# A Bridge To Freedom

## 4. Find accountability.

Be self-controlled and alert.  
Your enemy the devil prowls  
around like a roaring lion  
looking for someone to  
devour. -1Peter 5:8





# A Bridge To Freedom

## 4. Find accountability.

Acts 10:39 “*We* are witnesses...

Acts 15:25 So *we* all agreed...

Acts 16:12 From there *we* traveled...

Acts 16:13 *We* sat down and began to speak...

*Acts 141 X “We”*



# *A Bridge To Freedom*

## 5. Give thanks.

Psalms 34:1 I will extol the LORD at all times; his praise will always be on my lips.

Psalms 105:2 Sing to him, sing praise to him; tell of all his wonderful acts.

Psalms 126:3 The LORD has done great things for us,







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