

Keep Tahoe Spiritual - Last, but not least: Self-Control

Fruit Of The Spirit- Part 9 Gal. 5:22-23
Noah Largent 7/30/23



1. Clarifying Self-Control

vigilance (self-control) means ordering our outside world in such a way that we can nurture our inner world. It means we make spiritual health a significant factor in every decision. -*The Glorious Pursuit*, By Gary Thomas -page 130

BENEFIT OF SELF-CONTROL : 1 Corinthians 9:24-26 Do you not know that all the runners in a stadium compete, but only one receives the prize? So run to win. ²⁵ Each competitor must **exercise self-control** in everything. They do it to receive a perishable crown, but we an imperishable one.

2. Obstacle to Self-Control?

We tend to be a pleasure seeking society (hedonist). Most of us dislike pain and work hard to avoid it. Paradoxically, some of the best achievements in life come from the pain of setting limits that come with self-control.

CONSEQUENCE OF NO SELF-CONTROL : Prov. 25:28 Like a city whose walls are broken down is a man who lacks **self-control**.

Self-control is not possible without the humility to accept and self-awareness to admit our troubled condition.... even a brief consideration makes clear all that lies within us. Jesus himself reminds us, "From within, out of the heart of man, come evil thoughts, sexual immorality, theft, murder, adultery, coveting, wickedness, deceit, sensuality, envy, slander, pride, foolishness. All these evil things come from within, and they defile a person" (Mark 7:21-23). Clear-eyed awareness of the terrain of our sinful hearts may be the strongest motivator we have to consistently exercise self-control. -JayY Kim - Analog Christian - Kindle Edition pg. 136-137

3. Putting it to work in your life! Or cooperating with The Spirit!

a. Self-Control: With my physical health.

Paul tells us that we have been purchased by Jesus and we belong to him. That includes our bodies. We should take care of ourselves so that we can be at our best to serve God and others.

1 Corinthians 6:12-13 "All things are lawful for me"—but I will not be controlled by anything. ¹³ "Food is for the stomach and the stomach is for food..."

B. Self-Control: With my money.

Like all the other resources God give us, He expects us to manage money in way that honors Him, not to satisfy our own indulgences.

2 Corinthians 9:7 Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.

C. Self-Control:Renewing my heart and mind.

The Bible is among the greatest gifts God has given us! Memorizing verses and chapters allows God's Spirit to draw them up throughout the day to guide and encourage you with His Truth!

Psalms 119:33-34 Teach me, Lord, the way of your decrees, that I may follow it to the end. ³⁴ Give me understanding, so that I may keep your law and obey it with all my heart.



Community Group Questions:

1. What did you hear? What hit home from the message? How did this message challenge, change, or affirm your thinking?
2. Many people practice fasting, believing that the self-control it requires can help them with more self-control in other areas of life too. Do you believe this? If not, what practical way can you cooperate with God's Spirit to experience more self-control in your life?
3. Do you believe the discipline of memorizing scripture is beneficial to your growth? If so, how are you practicing it?

Notes:
