

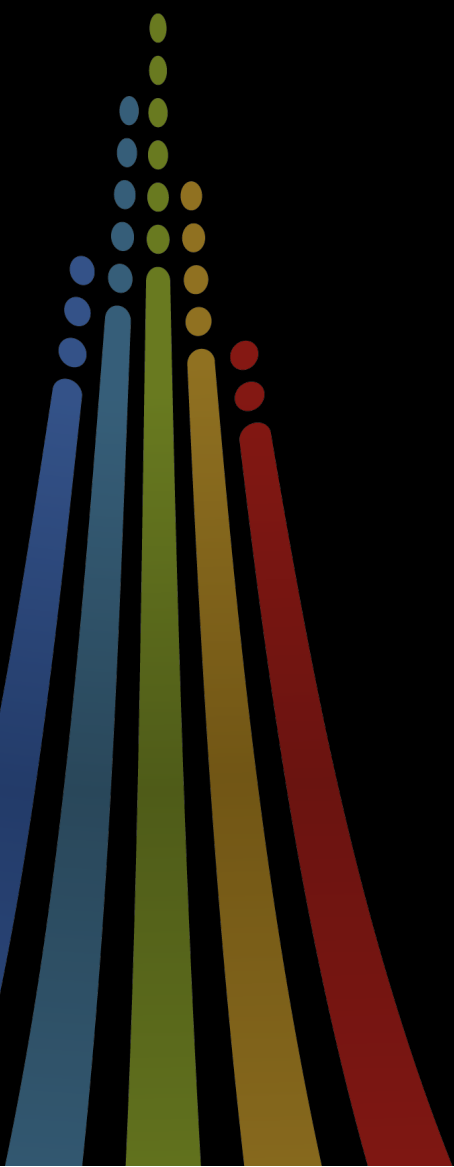
★ Summer Series
2023 ★



Sierra Community Church est. 1959

Keep Tahoe Spiritual

Gal.5:16 walk by the spirit



Galatians 5:22-25 the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness and **self-control**... ²⁵ Since we live by the Spirit, let us keep in step with the Spirit.

Paul is teaching that the natural result of following God's spirit is a love for God and others. It produces things like: joy, peace, patience and self-control...

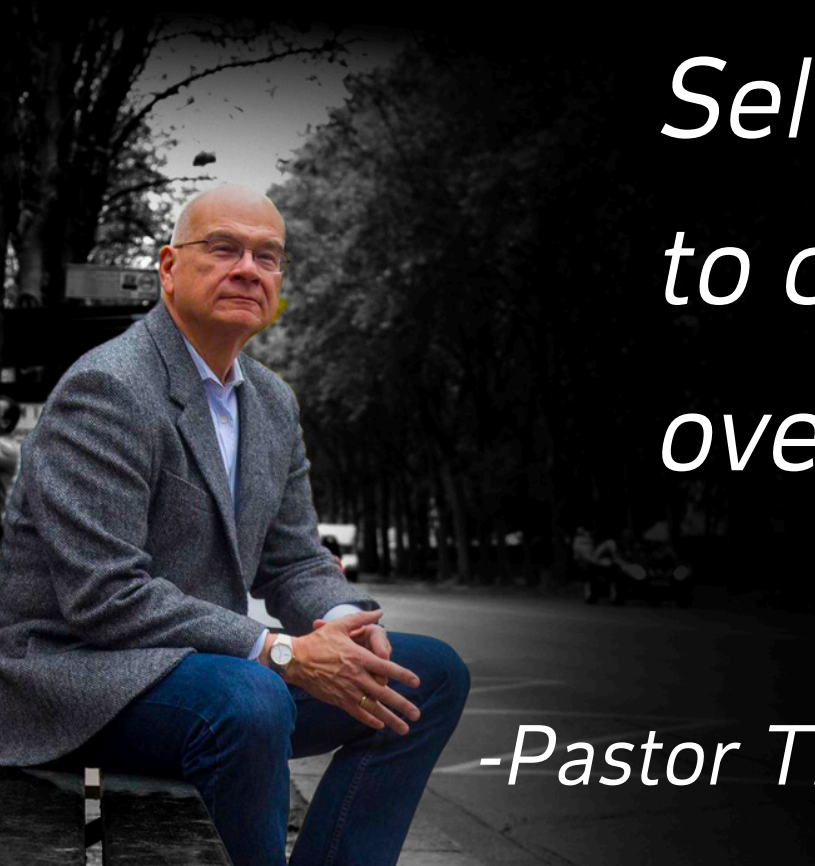
1. Clarifying self-control.
2. Obstacle to self-control?
3. Putting it to work in your life!



1. Clarifying self-control.

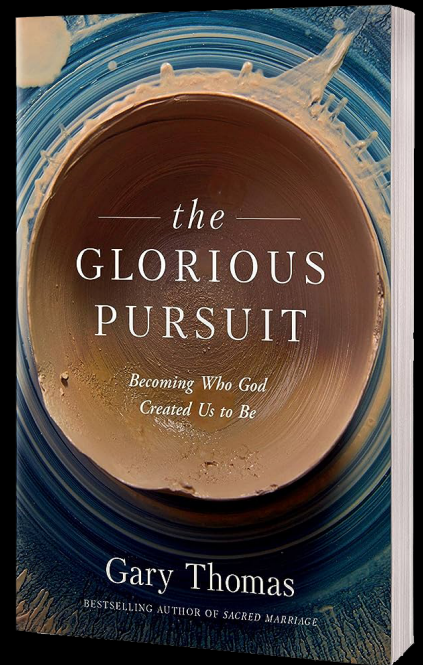
*Self-control is the ability
to choose the important
over the urgent.*

-Pastor Tim Keller



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.



1. Clarifying self-control.

*"self-control" is the **capstone of the list**, self-control characterizes Christlike maturity (Acts 24:25; Titus 1:8; 2 Pet. 1:6) -Dr.Bob Utley*

1. Clarifying self-control.

"self-control was considered one of the chief virtues by Plato, Aristotle, the stoics, & Philo. The word group originally meant "Mastery or power over oneself or something, using good judgement..."



-Galatians - by Dr. Craig Keener, page 523

-The International Standard Bible Encyclopedia. Vol 4 page 386

1. Clarifying self-control.

*it came to mean 'control over oneself',
especially ones desires, and actions...
applying moderation to matters
such as eating, and sleep, or
controlling one's tongue.*



-Galatians - by Dr. Craig Keener, page 523

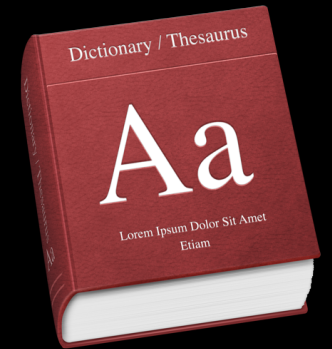
-The International Standard Bible Encyclopedia. Vol 4 page 386

1. Clarifying self-control.

Self-control | ˌselfkən'trōl |

noun

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



1. Clarifying self-control.

Noah's Definition- To be a great musician, gymnast or baseball player it takes rigid discipline (self)! We all get that - it means saying 'no' to all of options - to focus on getting really good at anything.

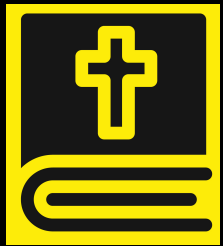


1. Clarifying self-control.

Noah's Definition- To be a great musician, gymnast or baseball player it takes rigid discipline (self)! We all get that - it means saying 'no' to all of options - to focus on getting really good at anything. The Bible and ancient philosophers used self-discipline in regards to developing personal character traits.



1. Clarifying 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. ²⁵Each competitor must **exercise self-control** in everything. They do it to receive a perishable crown, but we an imperishable one.



1. Clarifying self-control.



2. Obstacle to self-control?



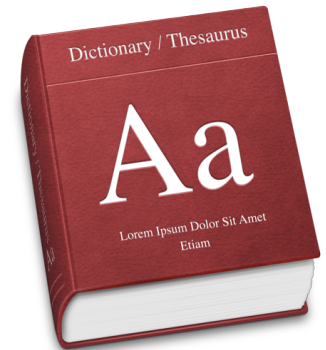
Proverbs 25:28 Like a city whose walls are broken down is a man who lacks **self-control**.

2. Obstacle to self-control?

hedonistic | 'hēdn̩,izəm, 'hēdə,nizəm |

noun

1. the pursuit of pleasure



2. Obstacle to self-control?



Genesis 3:6 When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it.

2. Obstacle to self-control?



James 1:14–15 But each **one is tempted when he is lured and enticed by his own desires.** ¹⁵ Then when desire conceives, it gives birth to sin, and when sin is full grown, it gives birth to death.

2. Obstacle to 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.



Jay Kim

Analog Christian, page 135-136 (kindle edition)

2. Obstacle to self-control?

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 exercising self-control. As we read in 1 Peter 5:8-9, “Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.”



Jay Kim

Analog Christian, page 135-136 (kindle edition)

2. Obstacle to self-control?

Self-control is a set of boundaries that actually frees us. Specifically, it frees followers of Jesus from the paralyzing power of our deceitful hearts, which so often lead us down the path of reckless indulgence.



Jay Kim

Analog Christian, page 104

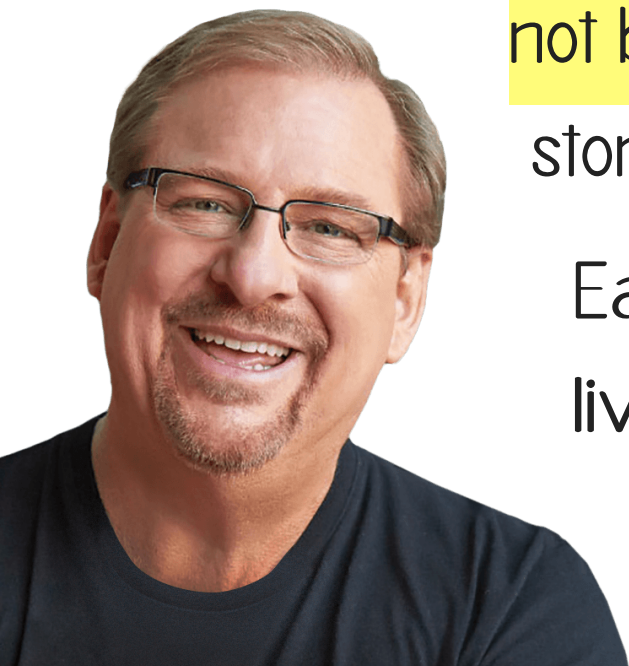
3. Putting it to work in your life! *Or
cooperating with The Spirit!*

*a. Self-Control:
With my physical
health.*



I used to be on a see-food diet. If I saw it, I ate it. I've known other people on balanced diets – with a hamburger in each hand! But we need real balance. In 1 Corinthians 6:12–13, Paul says: ". 'Everything is permissible for me' – but I will not be mastered by anything. 'Food is for the stomach and the stomach for food'

Eating is not an end in itself. We eat to live, but we shouldn't live to eat.

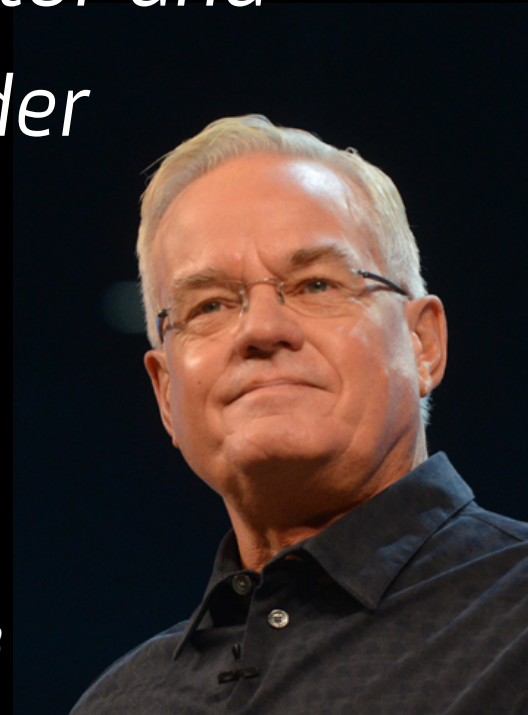


–Pastor Rick Warren *“Let's get Physical!”*

Staying Fit: A Glaring Blind Spot

Imagine being gifted a new car, with one clear instruction - it's has a sophisticated motor and needs to run on Super Unleaded. In order to get the maximum life & performance out of the engine it is essential to give it the correct fuel.

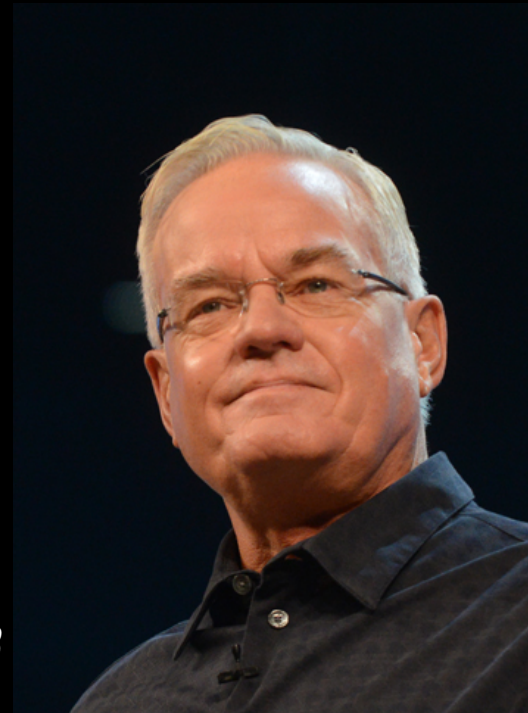
-Bill Hybels "Honest to God?" pg.168



We don't own our bodies. If we're Christians, our bodies have been bought with a price.

1 Corinthians 6:18-20 Flee from sexual immorality... You are not your own; ²⁰ you were bought at a price. Therefore honor God with your bodies.

-Bill Hybels "Honest to God?" pg.168





It was late in the regular season when Warriors general manager Bob Myers confronted Draymond Green about his weight, saying the team's ability to win a championship hinged on the feisty forward getting into shape, Myers was preaching to the one-man choir. Green already knew what was going on with this body. Green faced a unique challenge: Use his mental fortitude to abstain from some of his favorite foods and increase exercise to tame his body into a trimmer, more playoffs-ready condition.



Now 25 pounds lighter... Green reportedly ate “exactly what his chef told him to,” and we can assume that was a lot of greens and other fresh, whole foods. The weight came off as planned, but Green didn’t stop the diet. Beyond how he may have felt about his more slender frame, he liked the confidence boost that came with following the diet, saying: *When I went on this diet, it’s like a sense of control, and it’s confidence because you feel like you’re conquering something. You’re defeating something every day.*



And controlling his food intake opened a path directly toward Green learning to tame his hotheadedness by controlling his emotions:



Having that control, it carries over to other areas in your life. We all love to eat. We all enjoy the things we enjoy. If I can conquer that and not do that, why can't I conquer my emotions, too? Maybe I can conquer anything else! And so I think honestly that has really helped put me in a different state.

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

*b. Self-Control:
With my money.*

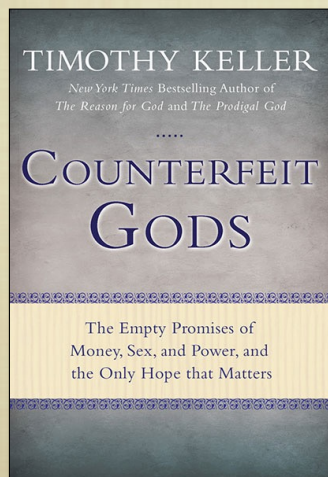


3. Putting it work in your life! *Or
cooperating with The Spirit!*



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As a pastor I've had people come to me and confess that they struggle with almost every kind of sin. Almost. I cannot recall anyone ever coming to me and saying, "I spend too much money on myself. I think

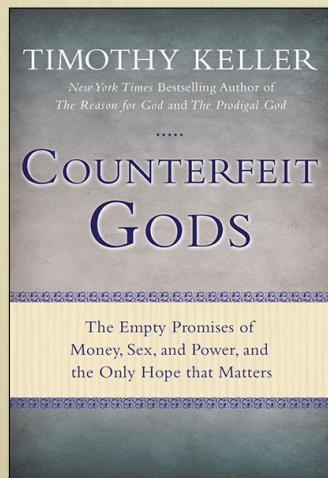


my greedy lust for money is harming my family, my soul, and people around me."

-*"Counterfeit Gods"* pg.52

“Jesus warns people far more often about greed than about sex, yet almost no one thinks they are guilty of it.

Therefore we should all begin with the



hypothesis that “this could easily be a problem for me.”

–“Counterfeit Gods” pg.53

“What Not to Do With Your Money”

- Dan Wilvers 5/30/10

1. Money is a tool and test.

- a. It's a *TOOL* to be used for God's purposes in your life.
- b. Money *TEST* our character, values, priorities, and responsibilities.

Seeking God's insight on our finances.

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

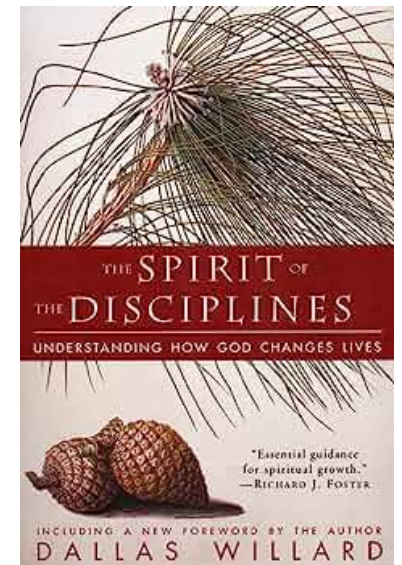
*c. Self-Control:
Renewing my
heart and mind.*



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

Memorizing scripture is the most important spiritual discipline.... “Through memorization, God’s words reside in our body, in our social environment, in the constant orientation of our will, and in the depths of our soul”

<https://dwillard.org/articles/foreword-scripture-by-heart#:~:text=Through%20memorization%2C%20God's%20words%20reside,thought%20and%20action%20as%20needed.>



2. Obstacle to self-control?



Psalms 119:9-11 ⁹How can a young person stay on the path of purity? By living according to your word.

¹⁰ I seek you with all my heart; do not let me stray from your commands.

¹¹ I have hidden your word in my heart that I might not sin against you.

2. Obstacle to self-control?



Matthew 4:1-11 4 Jesus answered, “**It is written:** ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’

7 Jesus answered him, “**It is also written:** ‘Do not put the Lord your God to the test.

10 “Away from me, Satan! **For it is written:** ‘Worship the Lord your God, and serve him only.’”