"GOD'S WISDOM ABOUT SELF-CONTROL

Selected Scriptures in Proverbs
2/16/92

INTRODUCTION:

I. The IMPORTANCE of Self-Control

A. To have power over yourself
is to be _____ _____! (Prov. 16:32)

B. Not to control yourself
is to be _____ __ _____! (Prov. 25:28)

II. The EVIDENCES of Not Having Self-Control

A. The Lazy _____ (Prov. 6:9-11; 10:26; 13:4; 20:4; 24:30-34; 26:13-16)

B. The Over-_____ (Prov. 25:16, 27; 23:1-3)

C. The Alcoholic _____ (Prov. 23:20-21, 29-35)

D. The Lustful _____ (Prov. 6:23-28; cp. I Cor. 7:5)

E. The Impulsive _____

F. The Explosive _____ (Prov. 14:29; 19:11)

G. The Verbose _____

H. The Nosey _____ (Prov. 26:17-19)

III. The SECRETS to Attaining Self-Control

A. Learn to say "_____" to yourself (Titus 2:12)

B. Have a _____for_____ that supersedes your love for pleasure (Prov. 4:23; Mk. 12:30; II Tim. 3:4; Col. 3:2)

C. Yield to the _____ _____ continually (Eph. 5:18)

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INTRODUCTION:

One of the biggest besetting sins in our lives is a lack of self-control.

Instead of obedience to God's Word, we frequently allow our lives to be controlled by our desires, passions, or tempers.

I Peter 2:11 says, "Dearly beloved, I beseech you as strangers and pilgrims, abstain from fleshly lusts, which war against the soul."

*Do you control your desires, or do they control you?

One of the chief characteristics of people in the last days will be "incontinent" -- that is, without self-control (II Tim. 3:3).

How would you define self-control?

Someone has said: "Self-control is the capacity to break a chocolate bar into four pieces with your bare hands -- and then eat just one of the pieces."

I. The IMPORTANCE of Self-Control

A. To have power over yourself
is to be truly mighty! (Prov. 16:32)

B. Not to control yourself
is to be vulnerable to attack! (Prov. 25:28)

II. The EVIDENCES of Not Having Self-Control

A. The Lazy Sleeper (Prov. 6:9-11; 10:26; 13:4; 20:4; 24:30-34; 26:13-16)

B. The Over-Eater (Prov. 25:16, 27; 23:1-3)

C. The Alcoholic Drinker (Prov. 23:20-21, 29-35)

D. The Lustful Fornicator (Prov. 6:23-28; cp. I Cor. 7:5)

E. The Impulsive Spender

F. The Explosive Temper (Prov. 14:29; 19:11)

G. The Verbose Talker

H. The Nosey Meddler (Prov. 26:17-19)

III. The SECRETS to Attaining Self-Control

A. Learn to say "No!" to yourself (Titus 2:12)

B. Have a love for God that supersedes your love for pleasure

(Prov. 4:23; Mk. 12:30; II Tim. 3:4; Col. 3:2)

C. Yield to the Holy Spirit continually (Eph. 5:18)

If you wonder whether something is okay or not, ask yourself these questions:

1. Is it addicting?
(Can I get hooked?)

Text: I Cor. 6:9-12

2. Is it harmful to my body or spirit?
(Will it damage my "temple"?)

Text: I Cor. 6:19-20

3. Is it good stewardship?
(Is it worth my time, energy, and money?)

Text: Gal. 6:8; Luke 15:13

4. Is it a stumbling block?
((Will someone else trip over my habit?)

Text: Romans 14:21

5. Is it glorifying to God?
(Will it please God?)

Text: I Cor. 10:31

Self-Control

"He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city." Proverbs 16:32

"He that hath no rule over his own spirit is

like a city that is broken down, and without walls."
Proverbs 25:28

If you wonder whether something is okay or not, ask yourself these questions:

1. **Is it <u>addicting</u>?**
   (Can I get hooked?)
   Text: I Cor. 6:9-<u>12</u>

2. **Is it <u>harmful</u> to my body or spirit?**
   (Will it damage my "temple"?)

Text: I Cor. 6:19-20

3. **Is it good <u>stewardship</u>?**
   (Is it worth my time, energy, and money?)
   Text: Gal. 6:8; Luke 15:13

4. **Is it a <u>stumbling block</u>?**
   ((Will someone else trip over my habit?)
   Text: Romans 14:21

5. **Is it <u>glorifying</u> to God?**
   (Will it please God?)
   Text: I Cor. 10:31