"GOD'S WISDOM ABOUT SELF-CONTROL

Selected Scriptures in Proverbs
5/7/03

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)

"GOD'S WISDOM ABOUT SELF-CONTROL

Selected Scriptures in Proverbs
5/7/03

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)

"GOD'S WISDOM ABOUT SELF-CONTROL

Selected Scriptures in Proverbs
5/7/03

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)

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

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

Proverbs 25:28
He that *hath* no rule over his own spirit *is like* a city *that is* broken down, *and* without walls.

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)

Proverbs 6:9-11
How long wilt thou sleep, O sluggard? when wilt thou arise out of thy sleep?
10 *Yet* a little sleep, a little slumber, a little folding of the hands to sleep:
11 So shall thy poverty come as one that travelleth, and thy want as an armed man.

Proverbs 10:26
As vinegar to the teeth, and as smoke to the eyes, so *is* the sluggard to them that send him.

Proverbs 13:4
The soul of the sluggard desireth, and *hath* nothing: but the soul of the diligent shall be made fat.

Proverbs 20:4
The sluggard will not plow by reason of the cold; *therefore* shall he beg in harvest, and *have* nothing.

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

Proverbs 25:16
Hast thou found honey? eat so much as is sufficient for thee, lest thou be filled therewith, and vomit it.

Proverbs 25:27
It is not good to eat much honey: so *for men* to search their own glory *is not* glory.

Proverbs 23:1-3
When thou sittest to eat with a ruler, consider diligently what *is* before thee:
2 And put a knife to thy throat, if thou *be* a man given to appetite.
3 Be not desirous of his dainties: for they *are* deceitful meat.

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

Proverbs 23:20-21

Be not among winebibbers; among riotous eaters of flesh: [21]For the drunkard and the glutton shall come to poverty: and drowsiness shall clothe *a man* with rags.

Proverbs 23:29-35

Who hath woe? who hath sorrow? who hath contentions? who hath babbling? who hath wounds without cause? who hath redness of eyes? [30]They that tarry long at the wine; they that go to seek mixed wine. [31]Look not thou upon the wine when it is red, when it giveth his colour in the cup, *when* it moveth itself aright. [32]At the last it biteth like a serpent, and stingeth like an adder. [33]Thine eyes shall behold strange women, and thine heart shall utter perverse things. [34]Yea, thou shalt be as he that lieth down in the midst of the sea, or as he that lieth upon the top of a mast. [35]They have stricken me, *shalt thou say, and* I was not sick; they have beaten me, *and* I felt *it* not: when shall I awake? I will seek it yet again.

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

E. The Impulsive Spender (Prov. 21:5, 17, 20)

Proverbs 21:5

The thoughts of the diligent *tend* only to plenteousness; but of every one *that is* hasty only to want.

Proverbs 21:17

He that loveth pleasure *shall be* a poor man: he that loveth wine and oil shall not be rich.

Proverbs 21:20

There is treasure to be desired and oil in the dwelling of the wise; but a foolish man spendeth it up.

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

Proverbs 14:29
He that is slow to wrath *is* of great understanding: but *he that is* hasty of spirit exalteth folly.

Proverbs 19:11
The discretion of a man deferreth his anger; and *it is* his glory to pass over a transgression.

G. The Verbose Talker (Prov. 10:19)

Proverbs 10:19
In the multitude of words there wanteth not sin: but he that refraineth his lips *is* wise.

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

Proverbs 26:17-19
He that passeth by, *and* meddleth with strife *belonging* not to him, *is like* one that taketh a dog by the ears. [18]As a mad *man* who casteth firebrands, arrows, and death, [19]So *is* the man *that* deceiveth his neighbour, and saith, Am not I in sport?

III. The SECRETS to Attaining Self-Control

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

Titus 2:12
Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world;

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)

Proverbs 4:23
Keep thy heart with all diligence; for out of it *are* the issues of life.

Mark 12:30
And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment.

2 Tim. 3:4
Traitors, heady, highminded, lovers of pleasures more than lovers of God;

Col. 3:2
Set your affection on things above, not on things on the earth.

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

Ephes. 5:18
And be not drunk with wine, wherein is excess; but be filled with the Spirit;

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