

FRUIT OF THE SPIRIT SELF-CONTROL

SELF-CONTROL exercising restraint in thoughts desires and deeds.

Prov 25:28 *Like a city whose walls are broken through is a person who lacks self-control.*

Key verse

LOVE is the first of the Fruit listed, and rightly so when we read, **1 Cor 13:1** *without love we are a clanging cymbal.* SELF-CONTROL is the last, again we see why, as we recognise 'the battle is in the Mind' Rom **8:6** **6** *For the mind-set of the flesh is death, but the mind-set of the Spirit is life and peace.*

Mat 15:17-18 *"Don't you see that whatever enters the mouth goes into the stomach and then out of the body? But the things that come out of the mouth come from the heart, and these make a man 'unclean.'* Once again we have to recognise our walk with Father Son and Holy Spirit is a Journey, and a process and it takes time and commitment, to surrender our self-Will to The Holy Spirit for Him to refine us. Look at Jesus, wherever he moved, whoever he met, whatever circumstances he met self-control was evident in His life. Some people doubt His self-control when He overturned the tables in the Temple,

Jn 2:14-15 *In the temple courts he found men selling cattle, sheep and doves, and others sitting at tables exchanging money. So he made a whip out of cords, and drove all from the temple area, both sheep and cattle; he scattered the coins of the money-changers and overturned their tables.* But, look at how Mark fills in the small detail.

Mark 11:11-12 *Jesus entered Jerusalem and went to the temple. He looked around at everything, but since it was already late, he went out to Bethany with the Twelve. The **next day** as they were leaving Bethany*

v15-16 *On reaching Jerusalem, Jesus entered the temple area and began driving out those who were buying and selling there. He overturned the tables of the money-changers and the benches of those selling doves.* Jesus went away and came back the next day this was not an angry reaction, it was a **premeditated plan**, remember

John 12:49 *For I did not speak of my own accord, but the Father who sent me commanded me what to say and how to say it.* We should learn to balance Scripture against itself, especially when it **seems** to be contradictory!

WHAT IS SELF CONTROL? - The ability to control your emotions, minds and actions. Before you were born again, your thoughts, words and deeds were ruled by your sinful mind. Now however, Christ has set you free from the power of sin. You are a 'New Creation in Christ Jesus'. As you See, Hear, and Read things coming into your lives you usually make an initial appraisal of data within 5 seconds, to the believer this could mean recognising the '**Godliness**' or the '**Worldliness**' of this intake. Inside you there is a battle going on between the old sinful nature and the new Spirit within you. This is where we should start with Self-Control.

JAMES 1:14-16 Records Six steps to Sin

1] *but each one is **tempted** when, 2] by his own **evil desire**, 3] he is **dragged** away 4] and **enticed**. 5] Then, after **desire has conceived**, 6] it gives **birth to sin**; and sin, when it is **full-grown**, it gives **birth to death**. Don't be deceived, my dear brothers.*

We need to focus on what we allow into our minds, rather than just letting ungodly thoughts come in and find root! **Rom 8:5-9** *For those who live according to the flesh think about the things of the flesh, but those who live according to the Spirit, about the things of the Spirit. For the mind-set of the flesh is death, but the mind-set of the Spirit is life and peace. For the mind-set of the flesh is hostile to God because it does not submit itself to God's law, for it is unable to do so. Those who are in the flesh cannot please God. You, however, are not in the flesh, but in the Spirit, since the Spirit of God lives in you. But if anyone does not have the Spirit of Christ, he does not belong to Him.*

SO HOW DO WE STOP WRONG THOUGHTS TAKING ROOT?

The answer is applying, first Self-Control, alongside Scripture and the Help of Holy Spirit

Look at this ILLUSTRATION; My wife made me so Angry / Jealous / Insignificant-Embarrassed. NO! This may be 'true' but it's not The 'Truth' The Truth of God is that No man, No demon, Nor any situation, CAN MAKE ME DO ANYTHING! I CHOOSE HOW I REACT! **Jn 8:36** *So if the Son sets you free, you will be free indeed. Free to choose!*

We are free to choose, so we need to harness this Freedom and live in it, denying Pride a place in our relationships. In the illustration we have to recognise the Truth, we are the guilty one's not anyone else; we do not have to respond badly we are free to 'turn the other Cheek'. Ask yourself; "Is my reaction essentially different from a non Christian"?

Rom 6:12 *Don't let sin reign in your body that you should obey its lusts.*

2 Cor. 10:5 *Take captive every thought to make it obedient to Christ*

Rom 12:2 *Present your bodies a living sacrifice, Holy acceptable to God which is your reasonable service, **be transformed by the renewing of your mind***

Ps.119; .37 *Turn my eyes away from worthless things.* Assess what goes into your thought life through: What you see on TV, in magazines, books. What you hear through music, the company you keep, the radio etc.

1 Cor.15:33 *Bad company corrupts good character.*

Rom. 6:6 *For we know that our old self was crucified with him so that the body of sin might be done away with, that we should no longer be slaves to sin—*
I am crucified to self, so nothing can hurt me, "You cannot harm a dead man"!

Matt 26:41 - *Watch and pray so that you will not fall into temptation. The spirit is willing but the body is weak.* Holy Spirit inspires but man acts.

2 Peter 1:3-11. Peter wrote about the Fruit of the Spirit saying the divine power of God has given us everything we need for life and Godliness, going on into verse 6, self control is brought out again along with other Fruit similar to the list in Paul's writings. Verse 8 says that if we possess these qualities and cultivate them it will prevent us from becoming ineffective. v.10] Therefore, my brothers, be all the more eager to make your calling and election sure. For if you do these things, you will never fall, v11] and you will receive a rich welcome into the eternal kingdom of our Lord and Savior Jesus Christ.

Galatians 5:22-25

*But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus **have crucified the sinful nature with its passions and desires.** Since we live by the Spirit, let us **keep in step with the Spirit.***