

Characteristics of a Christian Self-Control

- **“For God has not given us a spirit of fear, but of power, and of love and of self-control, (a sound mind, KJV). 2 Tim 1:7**
- What is self-control?

Characteristics of a Christian Self-Control

- It is the restraint of passions and impulses.
- It refers to one who masters his appetites, emotions, inclinations and urges.
- It involves abstinence from which is prohibited, but moderation in that which is permissible!

Characteristics of a Christian Self-Control

- Self-control is a vital virtue!
- Self-control is all about being disciplined!
- Athletes must have discipline over mind and body to win races.
- Christians must have discipline over temptation and sin to win the race against Satan.

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- Christian's must have discipline over mind and body to win the spiritual race. (1 Corinthians 9:24-27)
- Self-control is listed as one as a fruit of the Spirit, (Galatians 5:22-25) and a Christian grace. (2 Peter 1:5,6)

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- Self-control is not easy! It's a constant internal struggle for us all!

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- Aristotle once said, “I count him braver who overcomes his desires than him who conquers his enemies; for the hardest victory is over self.”
- It can be obtained, however, with prayer, persistence, and proper positioning, (not putting yourself in compromising situations – 1 Corinthians 15:33).

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- Paul put a great deal of emphasis on self-control in his letters to Timothy.
 - 1 Tim. 2:9 - “Women should adorn themselves in respectable apparel, with modesty and self-control”
 - 1 Tim. 3:2 - “An overseer must be ...self controlled”

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- Paul put a great deal of emphasis on self-control in his letters to Titus also.
 - Titus 2:6 - “Urge the younger men to be self-controlled”
 - Titus 2:6 - “For the grace of God has appeared, bringing salvation for all people, training us to...live self-controlled”

Examples of Self-Control

- Joseph – Genesis 39
 - v.9 “How then can I do this great wickedness and sin against God”
- Daniel – Daniel 1
 - v.8 “But Daniel purposed in his heart that he would not defile himself”
- Jesus – Matthew 4
 - 1 John 2:16- He would not succumb to the “desires of the flesh”

Characteristics of a Christian Self-Control

- No Excuses
 - Self-control is a wonderful thing!
 - It frees one from being a slave to self.
 - He is no longer driven by his desires, but is empowered to overcome these things.
 - Enables a person to restrain his tongue, temper, and thoughts.

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- But, people make excuses rather than hold themselves accountable!
 - They say things like, “that’s just the way I am or “I just don’t have the will-power.”
 - The Bible teaches that we can and must control ourselves. It is a realistic expectation!