

# Building Blocks Of Faith: A Maturing Sense Of Self-Control!

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## Building Block #4: A Maturing Sense Of Self-Control!

### Building Blocks Of Faith

**2 Peter 1:3**, *His divine power has given us everything we need for a godly life through our knowledge of Him who called us by His own glory and goodness. 4 Through these He has given us His very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires. 5 For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; 6 and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; 7 and to godliness, mutual affection; and to mutual affection, love. 8 For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. 9 But whoever does not have them is nearsighted and blind, forgetting that they have been cleansed from their past sins. 10 Therefore, my brothers and sisters, make every effort to confirm your calling and election. For if you do these things, you will never stumble.*

**2 Peter 1:5**, *For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; 6 and to knowledge, **self-control**...*

**Greek:** Gr. “enkrateia”—restraint of one’s emotions, impulses or desires

“Self-control—what lies in our power to do, it lies in our power not to do.” — Aristotle

“Our minds are mental greenhouses where unlawful thoughts, once planted, are nurtured and watered before being transplanted into the real world of unlawful actions... These actions are savored in the mind long before they are enjoyed in reality. Our thought life, then, is our first line of defense in the battle of self-control.” — Jerry Bridges

“Self-control — our hyphenated English is frank and functional. There’s no cloak of imagery or euphemistic pretense. No punches pulled, no poetic twist, no endearing irony. Self-control is simply that important, impressive, and nearly impossible practice of learning to maintain control of the beast of one’s own sinful passions. It means remaining master of your own domain not only in the hunky-dory, but also when faced with trial or temptation. Self-control may be the epitome of “easier said than done.” — David Mathis

“Educate your children to self-control, to the habit of holding passion and prejudice and evil tendencies to an upright and reasoning will, and you have done much to abolish misery from their future lives and crimes to society.” — Daniel Webster

**Galatians 5:22**, *But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and **self-control**. Against such things there is no law.*

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

### **Three Bible Examples:**

#### **1 - David Had Self-Control Over Revenge**

(1 Samuel 24:4-10)

#### **2 - Job Showed Self-Control Over Anger And Bitterness**

(Job 2:9-10)

#### **3 - David Lacked Self-Control And Lost To Lust**

(2 Samuel 11:2-4; 1 Corinthians 10:13)

### **Biblical Ideas For Growing Your Self-Control:**

**-HATE IT - Confess Your Lack Of Self-Control Without MAKING EXCUSES**

**Psalm 51:1**, *Have mercy on me, O God, according to Your unfailing love; according to Your great compassion blot out my transgressions. 2 Wash away all my iniquity and cleanse me from my sin. 3 For I know my transgressions, and my sin is always before me. 4 Against You, You only, have I sinned and done what is evil in Your sight; so You are right in Your verdict and justified when You judge... 7 Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow. 8 Let me hear joy and gladness; let the bones You have crushed rejoice. 9 Hide Your face from my sins and blot out all my iniquity. 10 Create in me a pure heart, O God, and renew a steadfast spirit within me.*

**James 1:14**, *...each person is tempted when they are dragged away by their own evil desire and enticed. 15 Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.*

**Romans 12:9**, *...hate what is evil; cling to what is good.*

**-PLAN IT - Have A Positive Attitude And Set SPECIFIC GOALS!**

**Philippians 4:13**, *I can do all this through Him who gives me strength.*

**Proverbs 16:3**, *Commit to the LORD whatever you do, and He will establish your plans.*

**Philippians 3:14**, *I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.*

**2 Timothy 1:7**, *For the Spirit God gave us does not make us timid, but gives us power, love and **self-discipline**.*

**-STARVE IT - Recognize Temptations Are Real And Avoid Them As BEST YOU CAN!**

**Genesis 4:7**, *If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it."*

**Psalm 118:8**, *It is better to take refuge in the LORD than to trust in humans.*

**Hebrews 12:11**, *No discipline seems pleasant at the time, but*

*painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.*

**Proverbs 16:9**, *In their hearts humans plan their course, but the LORD establishes their steps.*

### **-CORNER IT - Develop CONCRETE Action Steps For Your Next Temptation**

**Proverbs 21:5**, *The plans of the diligent lead to profit as surely as haste leads to poverty.*

**Luke 14:28**, *“Suppose one of you wants to build a tower. Won’t you first sit down and estimate the cost to see if you have enough money to complete it?”*

**Isaiah 32:8**, *But the noble make noble plans, and by noble deeds they stand.*

**Proverbs 24:27**, *Put your outdoor work in order and get your fields ready; after that, build your house.*

### **-OVERWHELM IT - Surround Yourself With God’s People Doing God’s WORK**

**Hebrews 10:23**, *Let us hold unswervingly to the hope we profess, for He who promised is faithful. 24 And let us consider how we may spur one another on toward love and good deeds, 25 not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more...*

**Romans 12:11**, *Never be lacking in zeal, but keep your spiritual fervor, serving the Lord.*

**1 Corinthians 15:58**, *Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain.*

**Proverbs 29:18**, *Where there is no revelation, people cast off restraint; but blessed is the one who heeds wisdom’s instruction.*

### **Putting This Message Into Practice:**

-Write down the areas where you lack self-control and develop a plan this week based on the steps and scriptures listed above. Share your plans with people you can trust.

-Pull out your Cancer Ministry Insert to learn about the opportunities available at the Mission Wall, then go sign-up for one of the Cancer Ministry opportunities.

-Go to the Connect Wall and find out more about the church or find a Life Group on Campus or a Home Group.