

# **FRUIT OF THE HOLY SPIRIT- DEVELOP SELF-CONTROL**

## **Scripture : Prov 25:28**

Many of our problems are caused by lack of self-control. My biggest problem is me. The results of self-control are confidence and an inner sense of security. Self-control and self-discipline go together.

I Cor 9:25 (GNT) → No pain, No gain.

John 8:34 “Everyone who sins is a slave to sin.”

Strength without self-control got Samson into trouble. People will try almost everything to gain self-control or to make up for the lack of it.

## **SEVEN STEPS TO SELF-CONTROL**

### **1) Admit your problem** James 1:14 (Philips)

Accept your lack of self-control and take responsibility for it.

James 1:14 – We do things because we like to. As long as we waste our energy fixing the blame, we cannot fix the problem. Let us be responsible for our behavior.

### **2) Put your past behind you** Phil 3: 13,14

Misconception: Once a failure, always a failure.

Failure in the past does not mean you will never be able to change. Focusing on the past failures, however, does guarantee their repetition. While walking, a baby may fall down a lot, but it doesn't stay down. He keeps on trying and ultimately succeeds. A baby learns to walk by persistence. It doesn't matter how many times you have failed. Try again, only this time a new way. Every failure is a learning experience, eg: Edison.

### **3) Talk back to your feelings** Titus 2: 11,12

We put far too much emphasis on our feelings today. But feelings are highly unreliable. By Christ's grace we should talk back to our feelings. God gives us the ability to say NO to that feeling, to that desire, to that impulse. Learn to master your moods. I Cor 6:12

### **4) Believe you can change** Rom 12:2

Our beliefs control our behavior. Transformation through renewal of mind. 3 times in I Peter, God reminds us to be clear-minded and self-controlled. Fill your mind with God's promises.

I Cor 10:13 God is faithful

Phil 4:13

Mark 9:23 Everything is possible for him who believes.

### **5) Make yourself accountable** Eccl 4: 12 (GNT), Gal 6: 2 (LB)

Find someone who will check up on you, will pray for you and will encourage you in the areas where you want to develop more self-control.

Eg: Alcoholics Anonymous : The Buddy System, call to someone when you feel pressure is building up.

Having someone holding you accountable is tough, but it works.

Buddy:

→ same gender: A natural bond of closeness develops and leads to intimacy

→ someone you can depend on, who is faithful

→ Give permission to your buddy to check on you from time to time

6) **Avoid Temptation** James 4:7, Rom 13: 14

Stay away from situations that weaken your self-control

I Cor 15:33 Bad company

Frog and Toad together: By Arnold Lobel

7) **Depend on Christ's power** Gal 5:16

You will have desires. But you overcome them when you are self-controlled. The church is a hospital for sinners, not a hotel for saints.

“We are not perfect, but we want to grow. And we are all in this together.

Heb 11:25 There is pleasure in sin only for a season. Phil 2:13 (LB)