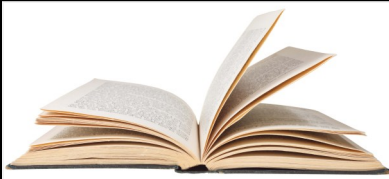


VIRTUES

2 Peter 1:6 “and in your knowledge, self-control, and in your self-control, perseverance, and in your perseverance, godliness.”



Definition: The word self-control comes from the Greek word “Enkrateria”. The root word, “krateria” means strength. The meaning is power of oneself or self –mastery. It is not the elimination of ambition, passion, desire or even anger. It is the inner strength that controls these emotions. It is the power to say “No,” to self. Before we can conquer the world, we must be able to conquer ourselves. Self-control is the choice to be governed by principles, wisdom and judgment rather than impulses, emotions and thoughtless whims.

A. Two Key Aspects Come from this Word

1. Control: this is a person who allows wisdom to guide him rather than emotions
 - an out of control car, spins and crashes into things
 - an out of control person is likely to _____ anything
 - lacking control leads to being _____ by other things

1 Cor 6:12 “...I will not be _____ by anything”



2. Self: this is the _____

Without self-control:

We cannot overcome the _____ of the flesh

We cannot resist _____

We cannot _____ as the Lord wants us to

B. Self-Control in Sports (1 Cor 9:25-27)

- The winning athlete exercises self-control
- Run with a purpose
- Make my body my slave: control
 - My body works for me...serves me
 - Buffeting: literally means:
 - Paul understood that without self-control he would be “disqualified”

C. Self-Control in the Scriptures

1. The qualities of a _____ are to be self-controlled (Titus 1:7-8)
2. Cain’s uncontrolled _____ (Gen 4:4-8)
3. King Saul’s _____ of David (1 Sam 19:10)
4. Why would Paul tell Felix about self-control (Acts 24:25)?

The inability to say "no" can get a person into all kinds of problems.

- What are some examples?



Specific Areas in need of Self-Control

- underline words that illustrate control or the lack of control

1. What we say

James 1:26 If anyone thinks himself to be religious, and yet does not bridle his tongue, but deceives his own heart, this man's religion is worthless.

Proverbs 13:3 The one who guards his mouth preserves his life; the one who opens wide his lips comes to ruin.

2. Our anger

Proverbs 15:18 A hot-tempered man stirs up strife, but the slow to anger calms a dispute

Proverbs 25:28 Like a city that is broken into and without walls, is a man who has no control over his spirit.

Proverbs 16:32 He who is slow to anger is better than the mighty, and he who rules his spirit, than he who captures a city.

Proverbs 17:27 He who restrains his words has knowledge, and he who has a cool spirit is a man of understanding.

Ephesians 4:26-27 Be angry, and yet do not sin; do not let the sun go down on your anger, and do not give the devil an opportunity.

3. Our Passions

Romans 6:12-13 "Therefore do not let sin reign in your mortal body so that you obey its lusts, and do not go on presenting the members of your body to sin as instruments of unrighteousness; but present yourselves to God as those alive from the dead, and your members as instruments of righteousness to God.

4. Being influenced by wrong

1 Corinthians 15:33 Do not be deceived: 'Bad company corrupts good morals.'

2 Timothy 2:26 and they may come to their senses and escape from the snare of the devil, having been held captive by him to do his will.

Romans 6:17 But thanks be to God that though you were slaves of sin, you became obedient from the heart to that form of teaching to which you were committed.

1. Reading 1 Cor 6:9-11, how did those Corinthians break the addictions without AA, counseling, and all the things we have today?

2. Sometimes our emotions can be so strong. How do we say, "No," and get ourselves back under control?

3. How does a person get addicted?

4. Read Proverbs 5:6. What mistakes do you see?

5. When one ponders how to answer (Prov 15:28), what things ought to come to our minds?

6. Some are afraid to say "no" to friends. They fear losing a friendship. As a result, they do things that they do not like, but their friends want them to do them. What would you tell this person?