

Sermon Notes

Things That Matter: Beautiful Produce in an Age of Crop Failure

#10 – “Self-Control”

I. Introduction

A. Psalm 89:1

1. The backstory of “America the Beautiful”

- a. The composer understood the importance of S_____ -
C_____

B. Today’s text – Galatians 5:22-25

1. “Self-Control” was listed as a fruit of the Spirit long before it was written into the national hymn.

C. Definition – “The ability to avoid excess, to stay within reasonable bounds.”

D. Willpower or Self-Control?

1. Stanley Gale – “Self-control is more than an internal police force. It manages the operation c_____ of the believer’s h_____.”

2. Illustration:

“Don’t text and drive.” Note application to self-control.
Self-control keeps its h_____ on the w_____ and its
e_____ on the road.

II. More than fleshly appetites

A. Moderation

1. Sleep, food, material things, sex, finance
2. Beware! Anything can become an idol.
 - a. Hobbies, TV shows, clothing

B. More aspects to this fruit (self-control)

1. Thoughts and emotions, too. What you think about.
2. Spiritual disciplines
3. Speech

C. We are at war with our flesh

1. Galatians 5:16-17
2. Garden of Gethsemane as an example
 - a. Matthew 26:36-45
 1. The limits of will power – Matthew 26:41
 - b. We have strength in the Spirit – John 15:5
 - c. Consider I Corinthians 9:27
 1. Also James 1:14; I Peter 2:11; Ephesians 4:22
 - d. There is an overlap between self-control and the C_____.
 1. Luke 9:23

D. Two words sometimes translated differently.

- 1st – self-control – “moderation” and “temperance”
- 2nd – self-control – “sensible” or “sober-minded”

IV. Honoring God with our body

A. Sensuous pleasures are made by God – Gal. 2:9; I Tim. 6:17

1. Sin abuses the senses.
 - a. Jerry Bridges

B. Three areas to be watchful

1. Gluttony – food and drink
2. Laziness
3. Sexual self-control – Heb. 13:4; I Thess. 4:3-5; Matt. 5:28
 - a. Job 31:1

C. Control over our emotions

V. Closing questions

A. Philippians 4:8