

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

10: "Self-Control"

Psalm 89:1

"¹ I will sing of the lovingkindness
of the Lord forever;
To all generations I will make
known Your faithfulness
with my mouth.

Galatians 5:22-25

"²² But the fruit of the Spirit is love, joy,
peace, patience, kindness, goodness,
faithfulness, ²³ gentleness, self-control;
against such things there is no law. ²⁴
Now those who belong to Christ Jesus
have crucified the flesh with its passions
and desires. ²⁵ If we live by the Spirit,
let us also walk by the Spirit."

Self-Control

Kehl -- "the ability to avoid excess, to
stay within reasonable bounds"

Bethune -- "the healthful regulation of
our desires and appetites preventing
their excess."

Willpower or self-control?

Self-Control involves...

Galatians 5:16-17

“¹⁶ But I say, walk by the Spirit, and you will not carry out the desire of the flesh. ¹⁷ For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please.”

Matthew 26:36-45

“³⁶ Then Jesus came with them to a place called Gethsemane, and said to His disciples, ‘Sit here while I go over there and pray.’ ³⁷ And He took with Him Peter and the two sons of Zebedee, and began to be grieved and distressed. ³⁸ Then He said to them, ‘My soul is deeply grieved, to the point of death; remain here and keep watch with Me.’

“³⁹ And He went a little beyond them, and fell on His face and prayed, saying, ‘My Father, if it is possible, let this cup pass from Me; yet not as I will, but as You will.’ ⁴⁰ And He came to the disciples and found them sleeping, and said to Peter, ‘So, you men could not keep watch with Me for one hour

⁴¹ Keep watching and praying that you may not enter into temptation; the spirit is willing, but the flesh is weak.’

“⁴² He went away again a second time and prayed, saying, ‘My Father, if this cannot pass away unless I drink it, Your will be done.’ ⁴³ Again He came and found them sleeping, for their eyes were heavy. ⁴⁴ And He left them again, and went away and prayed a third time, saying the same thing once more. ⁴⁵ Then He came to the disciples and said to them, ‘Are you still sleeping and resting? Behold, the hour is at hand and the Son of Man is being betrayed into the hands of sinners.’”

John 15:5

“⁵ I am the vine, you are the branches; he who abides in Me and I in him, he bears much fruit, for apart from Me you can do nothing.”

I Corinthians 9:27

“²⁷ but I discipline my body and make it my slave, so that, after I have preached to others, I myself will not be disqualified.”

James 1:14

“¹⁴ But each one is tempted when he is carried away and enticed by his own lust.”

I Peter 2:11

“¹¹ Beloved, I urge you as aliens and strangers to abstain from fleshly lusts which wage war against the soul.”

Ephesians 4:22

“²² ...that, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit.”

Luke 9:23

“²³ And He was saying to them all, ‘If anyone wishes to come after Me, he must deny himself, and take up his cross daily and follow Me.’”

Self-control**1st term**

“moderation” or “temperance”

2nd term

“sensible” or “sober-minded”

Genesis 2:9a

“⁹ Out of the ground the Lord God caused to grow every tree that is pleasing to the sight and good for food...”

I Timothy 6:17

“⁷ Instruct those who are rich in this present world not to be conceited or to fix their hope on the uncertainty of riches, but on God, who richly supplies us with all things to enjoy.”

I Corinthians 6:12

“¹² All things are lawful for me, but not all things are profitable. All things are lawful for me, but I will not be mastered by anything.”

Gluttony

Laziness

Titus 1:12

“¹² One of themselves, a prophet of their own, said, ‘Cretans are always liars, evil beasts, lazy gluttons.’”

Sexual self-control

Hebrews 13:4

“⁴ Marriage is to be held in honor among all, and the marriage bed is to be undefiled; for fornicators and adulterers God will judge.”

I Thessalonians 4:3-5

“³ For this is the will of God, your sanctification; that is, that you abstain from sexual immorality; ⁴ that each of you know how to possess his own vessel in sanctification and honor, ⁵ not in lustful passion, like the Gentiles who do not know God.”

Matthew 5:28

“²⁸ ...but I say to you that everyone who looks at a woman with lust for her has already committed adultery with her in his heart.”

Job 31:1

“³¹ I have made a covenant with my eyes;
How then could I gaze at a virgin?”

Proverbs 16:32

“² He who is slow to anger is better than the mighty,
And he who rules his spirit,
than he who captures a city.”

Philippians 4:8

“⁸ Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.”