**BIBLE - SELF CONTROL**

***2 PETER 1:5-11***

**INTRODUCTION –** Do we think it is proper for us as children of God to strife to exercise self control? Most would agree self control is needed in our society. Parents teach children to exercise self control. Teachers and coaches teach students self control is very important in order to be successful. I.E. – Homework only gets done by those who exercise self control.

People in our society must also exercise self control and if they do not then they find themselves in conflict with the law.

It is very important to God that we as his people exercise self control.  **Read Text**. Let us define our terms – **self control** – Learning self discipline, self restraint, keeping our control of our temper, bodily desire and passions, learning the art of self sacrifice. The purpose of this lesson is to help us understand the importance of exercising self control in every area of our lives.

If we fail to do so we can become slaves to spending, shopping, tobacco, alcohol, drugs, and even to overeating, gluttony.

***PRINCIPLES IN REGARD TO SELF CONTROL:***

1. **WE MUST LEARN TO RULE OUR SPIRIT** –
2. **PROV. 16:32** – Do we rule our spirit or does our spirit rule us. There is a big difference.
3. **PROV. 25:28** – A city with broken down walls has not means of protecting itself and so it is with us if we fail to exercise self control. The lack of self control can lead to a statement such as, “he is his own worst enemy.”
4. **LUKE 9:23** – We cannot follow Christ if we fail to exercise self control. Denial of self is involved in being a disciple.
5. **WE MUST LEARN TO SAY NO!!!** –
6. **1 COR. 9:25** – To compete for the prize we must exercise self control. I. E. – Olympic champions
7. **PROV. 20:1** – Taking one drink lessens the degree we are able to maintain self control. I.E. – Come and have a drink with us – relax - unwind
8. **PROV. 23:29-32** – Question posed by the wise man – vs. 33 is addressing the loss of self control.
9. **WE MUST NOT DESTROY OUR BODY AND SOUL** –
10. **1 COR. 6:18-20** – We must ask ourselves the question does this activity which is not specifically condemned in God’s word harm our body or glorify God.
11. **DAN. 1:4-10** – Did Daniel exercise temperance – self control? Did Daniel please God?
12. **1 COR. 3:16-17** – Do we exercise self control?
13. **1 COR. 16:13-14** – Are we standing fast, are we being brave, are we being strong when we fail to exercise self control? NO!!!!
14. **1 COR. 15:33** – What kind of people encourage us to lose our self control? Oh just come with us and just have one drink, just try it once (drugs). Everyone is doing it.
15. **WE MUST LEARN SELF CONTROL** –
    * 1. **1 COR. 9:24-27** – Paul as he wrote this epistle to the Corinthians was still learning to exercise self discipline and control so he would not be disqualified. Sometimes the truth is we just do not want to give up what we perceive as our right.
      2. **GAL. 5:19-25** – Lack of self control is not an option for any Christian.
      3. **JOSH. 7:20-21** – Achan did not exercise self control. Some say well if I do not practice self control it does not affect anyone else. Was that true in his case? No and it is never the case. If I lose self control it affects me, my influence, it affects my brethren.

**CONCLUSION** –

Do you follow Christ?

Do you exercise self control!!!

Do you must strive to be the proper example and have a positive influence on others?

We must examine ourselves!!! How are we doing?