

Christian Characteristics Self-Control

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1. Define Self-Control

Self-control in the Bible is a vital aspect of spiritual growth and development. It enabling believers to resist sin, live a life pleasing to God, and fulfill their purpose.

The biblical characteristic of self-control, often referred to as "self-discipline" or "temperance," is a fundamental virtue that is highly regarded in the Bible.

It involves the ability to exercise restraint and moderation in various aspects of life, including our thoughts, words, actions, and desires.

1. Define Self-Control

Synonym's

Dignity as in excellence, nobility

Restraint as in limitation, something that holds

Balance as in composure

Discipline as in regimen, training

Reserve as in coolness of manner, hold back

Stability as in resistance of some degree

1. Define Self-Control

2Tim1:7

⁷ God's Spirit doesn't make cowards out of us. The Spirit gives us power, love, and self-control. (CEV)

7 For God has not given us a spirit of timidity, but of power and love and discipline. (NASB 1995)

1. Define Self-Control

2Tim1:7

⁷ For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. (NIV)

⁷ For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. (KJV)

1. Define Self-Control

2Tim1:7

4995 (Strong's Greek #)

Sophronismou

Of sound mindedness

Of self-control

1. Define Self-Control

A Christian should exercise Self-Control by:

I. Controlling your flesh

II. Controlling your thoughts

III. Controlling your emotions

2. Share two verses in the Bible concerning “Self-Control” and explain the verses.

Proverbs 16:32

32 He who is slow to anger is better than the mighty,

And he who rules his spirit, than he who captures a city.

2. Share two verses in the Bible concerning “Self-Control” and explain the verses.

1 Cor. 9:25-27

25 Everyone who competes in the games exercises self-control in all things. They then *do it* to receive a perishable wreath, but we an imperishable.

26 Therefore I run in such a way, as not without aim; I box in such a way, as not beating the air;

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.

3. Provide an example of someone who exhibited “Self-Control” in the Old Testament.

Gen. 39:1-18

Joseph's unwavering resistance to the persistent temptations of Potiphar's wife showcases his strong self-control and commitment to God's moral principles.

Even when faced with the risk of imprisonment, he prioritized his integrity and fled the compromising situation.

4. Provide an example of someone who exhibited “Self-Control” in the New Testament.

Leading with humility: **Timothy**, despite being younger, led the congregations entrusted to him with a mild spirit and self-control, rather than wielding his authority aggressively.

1 Tim. 4:12

12 Let no one look down on your youthfulness, but *rather* in speech, conduct, love, faith *and* purity, show yourself an example of those who believe.

5. How do Christians reflect a Christ-Like attitude through “Self-Control”?

Develop a Christ-like attitude in self-control by:

1. Rely on the Holy Spirit:

Recognize the Holy Spirit as your source of strength: You are not alone in your pursuit of self-control; the Holy Spirit empowers you to overcome challenges and temptations.

Ask for guidance and strength: Pray for the Holy Spirit's help in specific areas where you need more self-control.

5. How do Christians reflect a Christ-Like attitude through “Self-Control”?

2. Focus on Christ and His example:

Imitate Jesus: Study Jesus' life and actions, focusing on how he exemplified self-control and lived according to God's will.

Align your desires with God's purposes: Seek to surrender your will to God's will, just as Jesus did (Luke 22:42).

6. How do you grow in “Self-Control” and seek opportunities to demonstrate “Self-Control” to others?

A Christian should grow in “Self-Control” by:

- a. Identify areas needing self-control: Reflect on aspects of your life where you struggle with self-indulgence or uncontrolled behavior.
- b. Set realistic goals: Choose one or two areas to focus on at a time and set achievable goals for growth in those areas.
- c. Develop consistent habits: Build habits that promote discipline, such as daily Bible reading, prayer, or exercise, starting small and gradually building.
- d. Seek accountability: Share your goals with trusted friends or mentors who can offer support and accountability.

6. How do you grow in “Self-Control” and seek opportunities to demonstrate “Self-Control” to others?

A Christian should grow in “Self-Control” by:

- e. Renew your mind: Study God's Word regularly to gain wisdom and understanding, allowing it to transform your thinking and behavior (Romans 12:2).
- f. Guard your speech: Exercise self-control in your words, refraining from harmful or unproductive communication (Proverbs 13:3).
- g. Cultivate patience: Learn to wait on God's timing and trust in His plan, even when facing difficulties.
- h. Avoid temptation: Minimize exposure to situations or environments that lead you toward uncontrolled behavior.
- i. Practice forgiveness: Respond to those who anger you with compassion and forgiveness, just as God has forgiven you (Ephesians 4:32).

6. How do you grow in “Self-Control” and seek opportunities to demonstrate “Self-Control” to others?

A Christian has one's own and others highest good at heart.

He is relying on God's guidance and sharing that with others.