



Self - Control



Core Truth: God gives SELF-CONTROL!



Scripture: “For God gave us a spirit not of fear but of power and

love and self-control.” 2

Timothy 1:7

Let’s dig into self-control. Self-control is having control over your own

behaviors, impulses, and emotions. This can be a hard task to take on. Luckily, we have the Holy Spirit’s help. The Holy Spirit provides us with self-control.

self control 

We see that here in our verse- 2 Timothy 1:7. God has given us a spirit, NOT OF FEAR but of power, love, and self-control. This means we do not have to go through life fearful of everything, that is not the abundant life God wants for us. In fact, many instances in the Bible, God says, “Fear not.” He has not given us a spirit of fear. God is providing us a spirit of love, power, and self-control by way of the Holy Spirit. We need the self-control that is mentioned here to be able to speak truth in the hard times, rather than speak out of fear.

These things He has provided us will carry us through, should we face anything hard in life. Hear me say, you will face things that are hard in your life. Chances are you already have. But hard times or hard situations are not something to fear. Because you have a spirit of power, love, and self-control just like we saw in 2 Timothy 1:7.

God gives SELF-CONTROL!

Let's Talk About It!

How does God provide us with self-control?

- By way of the Holy Spirit.
- By His Power.
- He is in control.

Apply It!

How can we use self-control in our lives?

- To be able to love people well.
- To be able to communicate with others effectively.
- To ward off fear.

Prayer

Dear God,

Thank You for self-control. Thank You for providing us with it daily. Thank You for giving us a spirit not of fear, but of power, love, and self-control. You are a caring Father. We love You.

In Jesus' name,

Amen

~ Rebecca Robertson Holloway



Kristi Huang Photography

Proverbs of *Self-control

*Better a patient person than a warrior, one
with self-control than one who takes a city.*

Proverbs 16:32 NIV

*Like a city whose walls are broken through is a
person who lacks self-control.*

Proverbs 25:28 NIV

*other translations use the phrase “rules his spirit” or “controls his temper.”

Self-Control Requires Sacrifice

God's call on our life is not always what we might have planned, especially if we don't feel equipped for the task that He is calling us to do. It is easy to say, "I can do all things through Christ who gives me strength", but to put those words into action is another thing.

We must daily die to self and strive to grow to be more like Christ each day but that requires a sacrifice on our part, and sacrifice requires self-control. Sacrifice is giving up something we love for something we love more.

When God called our family to serve overseas as missionaries, I fought it hard. How would our kids adapt, could we learn a new language, were we being fair to grandparents – so many questions. I began to understand a new meaning of sacrifice and allowing God to work through me. We have now lived and served overseas for 12 years, but many days still require self-control as I die to self and strive to live in His power and not my own.

2 Peter 1:5-8 says, "For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ." As I strive for these characteristics in my life, I am striving to be more like Christ so that I can be effective and productive in the ministry He has called me to do.

~ Michelle Milam



Photo by Daniel Huang

Two Essays on Self-Control

Self-Control

“For God gave us a spirit not of fear
but of power and love and self-control.”

2 Timothy 1:7 (ESV)

Just as I believe in the intentionality of Love as the first listed fruit, Self-control finds itself at the bottom of this list. Not because Paul deemed it the least important or most trivial, rather, because it is simultaneously the most difficult to master and one of the most crucial in living a fruitful life. It takes exemplary self-control to “love your enemies and pray for those who persecute you” as Jesus instructs in His sermon on the mount (Matt. 5:44). And He knows this. Paul Knows this. Nevertheless, we are unable to extend gentleness or kindness without self-control. Therefore, in the analogy of a house, self-control is the foundation on which all else is built.

Some may argue, “If Jesus wants us to live as He did, then why must we struggle with such a foundational thing as self-control?” The answer to this question is simple, though frustrating. He wants us to want Him. From the beginning of creation God has given his children the choice between obedience and sin. Not because He is powerless over free will, but because He permits it. That is why self-control is so important to the Christian walk. But we cannot expect to master ourselves without the help of the Spirit. Therefore, in 2 Timothy, Paul reminds us that self-control, the root of our fruit, is provided by the Helper we are promised in Acts 1.

Self-Control

I think the most interesting thing about “self-control” is contained within those two words. To be more specific, I feel like the “self” part is a bit misleading. If we are being honest with ourselves, any amount of reflection on our culture and the morals of society will lead us to find a deep resentment

of self-control. Society tells us to live lives of passion, constantly in pursuit of the next thrill. Scripture tells a different story. In Galatians, Paul lists self-control as a fruit of the spirit, he includes it as a qualification for elders in his letter to Titus. Peter urges believers to be self-controlled for the sake of their prayers. Self-discipline is very much counter-cultural, but it is equally biblical.

If the Christian life is to be one marked by self-control and discipline, then why is it so difficult for us to neglect our passions in pursuit of righteousness? Because we rely on self. If it was in our capacity to be self-controlled a hundred percent of the time, then fewer of us would struggle fitting into our pants in the morning. If discipline was natural, then schoolteachers might be out of jobs because homeschooling would sound a lot more appealing. Unfortunately, however, diets aren't for everyone and kids will always be kids. So, where does that leave believers. Are we just to accept grace and keep on sinning? Of course, not (Rom. 6:1)! Paul tells us in 2 Timothy 1:7 that the Spirit we are provided with (the Holy Spirit to be exact) is one of self-control. By God's grace, He has provided us with an Encourager to whom we can yield to when the desire for sin overwhelms us. It is in those moments that temptation looms largest that we must hit our knees and give in to the Spirit and allow ourselves to be controlled.

~ Seth Devine