



01.jpg

"The issue involved here was my repeated irresponsible behavior. I was unfaithful. I had affairs. I cheated. What I did is not acceptable. And I am the only person to blame. I stopped living by the core values that I was taught to believe in."



02.jpg

"I knew my actions were wrong. But I convinced myself that normal rules didn't apply. I never thought about who I was hurting. Instead, I thought only about myself. I ran straight through the boundaries that a married couple should live by."



03.jpg

"I thought I could get away with whatever I wanted to. I felt that I had worked hard my entire life and deserved to enjoy all the temptations around me. I felt I was entitled. Thanks to money and fame, I didn't have to go far to find them."



04.jpg

"I was wrong. I was foolish. I don't get to play by different rules. The same boundaries that apply to everyone apply to me. I brought this shame on myself. I hurt my wife, my kids, my mother, my wife's family, my friends, my foundation..."



05.jpg

"... and kids all around the world who admired me."

—Tiger Woods
February 19, 2010



06.jpg

A man without self-control is like
a city broken into and left
without walls. —Proverbs 25:28 ESV

07.jpg

³His divine power has granted to us
all things that pertain to life and
godliness, through the knowledge of
him who called us to his own glory
and excellence, ⁴by which he has
granted to us his precious and very
great promises, so that through them
you may become partakers of the
divine nature, having escaped from
the corruption that is in the world
because of sinful desire.

08.jpg

⁵For this very reason, make every
effort to supplement your faith with
virtue, and virtue with knowledge,
⁶and knowledge with self-control...
⁸For if these qualities are yours and
are increasing, they keep you from
being ineffective or unfruitful in the
knowledge of our Lord Jesus Christ.

—2 Peter 1:3-6a, 8 ESV

09.jpg

VIRTUE
Developing Character

KNOWLEDGE
Knowing God

SELF-CONTROL
Living Positively

10.jpg

Clarify the Concept of
Self-Control

11.jpg

Self-Control is...

Not a Life Controlled by Self!

12.jpg

¹⁴For we know that the law is spiritual, but I am of the flesh, sold under sin. ¹⁵For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. ¹⁶Now if I do what I do not want, I agree with the law, that it is good.

13.jpg

¹⁷So now it is no longer I who do it, but sin that dwells within me. ¹⁸For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out. —Romans 7:14-18 ESV

14.jpg

Self-Control is...

The Restraining and Renewing
Work of God's Spirit in Us

15.jpg

... abstain from the passions of the flesh, which wage war against your soul. —1 Peter 2:11 ESV

16.jpg

³For God has done what the law, weakened by the flesh, could not do. By sending his own Son in the likeness of sinful flesh and for sin, he condemned sin in the flesh, ⁴in order that the righteous requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit.

17.jpg

⁵For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. ⁶For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.

—Romans 8:3-6 ESV

18.jpg

... partakers of the divine nature...
—2 Peter 1:4 ESV

19.jpg

²²But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³gentleness, self-control; against such things there is no law. ²⁴And those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵If we live by the Spirit, let us also walk by the Spirit. —Galatians 5:22-25 ESV

20.jpg

Living Positively

A life of self-control is a life that finds satisfaction in pleasing God rather than the gratification of sin.

21.jpg

Apply the Advantages of Self-Control

22.jpg

Apply the Advantages of Self-Control
Self-Control and Temptation

23.jpg

¹²Therefore let anyone who thinks that he stands take heed lest he fall. ¹³No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.
—1 Corinthians 10:12-13 ESV

24.jpg

"Temptation is not only an opportunity to do the wrong thing, but an opportunity to do the right!" —Stuart Briscoe

24a.jpg

¹³Let no one say when he is tempted, "I am being tempted by God," for God cannot be tempted with evil, and he himself tempts no one. ¹⁴But each person is tempted when he is lured and enticed by his own desire. ¹⁵Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death.

25.jpg

¹⁶Do not be deceived, my beloved brothers. ¹⁷Every good gift and every perfect gift is from above, coming down from the Father of lights with whom there is no variation or shadow due to change. —James 1:13-17 ESV

26.jpg

"Temptation is the enticement to fulfill a God-given drive in a God-forbidden way." —Peter Lord

27.jpg

"... we fight the fight of faith. Our chief enemy is the lie that says sin will make our future happier. Our chief weapon is the Truth that says God will make our future happier. And faith is the victory that overcomes the lie, because faith is satisfied with God... The fire of lust's pleasures must be fought with the fire of God's pleasures. We must fight it with a massive promise of superior happiness." —J. Piper

28.jpg

You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.
—Psalm 16:11 ESV

29.jpg

For the LORD God is a sun and shield; the LORD bestows favor and honor. No good thing does he withhold from those who walk uprightly.

—Psalm 84:11 ESV

30.jpg

Apply the Advantages of Self-Control
Self-Control and Emotion

31.jpg

“Lord, so often my religion stops in the emotional. We sing, ‘O Lord, send the power just now,’ and we usually mean feelings.

We think if the service is especially touching, if tears flow, if we feel humbled and tender, God’s power has come upon us. Not necessarily. We must go beyond feelings to life.”

32.jpg

“The prophets were most emphatic that repentance show itself in justice, in equity, in helping the fatherless and the widows, and in relieving the poor. To them, a right attitude toward God meant a kind, gracious attitude toward others.”

33.jpg

“The emotional service is excellent if it serves to rend our hearts instead of our garments (Joel 2:13). If we experience a humbling before God, then straightway forget what manner of men we are, our hearts have been left unrent.”

—W. Glyn Evans

34.jpg

Apply the Advantages of Self-Control
Self-Control and Communication

35.jpg

We all make mistakes,
but those who control their
tongues can also control
themselves in every other way.

—James 3:2

36.jpg

Apply the Advantages of Self-Control
Self-Control and Ambition

37.jpg

Every athlete exercises
self-control in all things.
They do it to receive a
perishable wreath,
but we an imperishable.

—1 Corinthians 9:25 ESV

38.jpg



“All that is not eternal, is eternally
useless.” —C.S. Lewis

39.jpg

“It ought to be your business every-
day to prepare for your final day.”

—Matthew Henry

40.jpg

For if these qualities are yours
and are increasing, they keep
you from being ineffective or
unfruitful in the knowledge of
our Lord Jesus Christ.

—2 Peter 1:8 ESV

41.jpg