

**JUST SAY YES**  
**GAL 5:22-23 / 8-26-18 / AM**

**I. WHAT IS SELF CONTROL?**

- A. The dictionary defines self-control as the “**ability to exercise the will so as to restrain one’s desires, emotions, and behavior**”.
- B. Notice it’s not just a feeling or emotion, but an act of the will.
- C. The apostle Paul uses the same word in I Corinthians 9:24-27 to describe an athlete who masters his emotions and body in order to run a race.

**II. HOW CAN WE HAVE MORE SELF CONTROL?**

- A. There’s a struggle going on inside us.
  - 1. It’s called a fallen or sinful nature.
  - 2. When we become Christians we don’t lose this sinful nature, but we do add the nature of Christ. This results in a struggle between these two natures and all too often the sinful one wins.
  - 3. Just gritting our teeth and trying harder isn’t enough. This is why the “Just Say No” campaign doesn’t work.
- B. So is there anything else we can do besides just trying to say no? There is. We can just say yes! Say yes to what?
  - 1. First, just say yes to God’s grace—Titus 2:11-12.
  - 2. Second, just say yes to abiding or remaining in Christ—John 15: 4-5.
  - 3. Third, just say yes to the Holy Spirit—Zech. 4:6; Gal. 5:16, 24-25; Romans 8:11-14.
  - 4. Just saying yes to God’s grace living in you, abiding in Christ, and living by the Spirit isn’t a onetime decision.