

# Fruit Of The Spirit

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## Self Control

(Pr 16:32)

### INTRODUCTION

1. Good Evening,
  - a. Greeting...
2. Series of lessons on the "Fruit Of The Spirit."
  - a. We have already looked at the first eight characteristics that make up the fruit of the Spirit.
    - i. Love, joy, peace, patience, kindness, goodness, faithfulness, and gentleness.
  - b. Today we finish this series of lessons by looking at the ninth characteristic, self control.
3. Self Control
  - a. Called "temperance" in the KJV.
  - b. It is found seven times in six verses in all its forms.
4. Let us look at three questions concerning this last characteristic.
  - a. What is self control?
  - b. Why do we need self control?
  - c. What aspects of our lives need self control?

### I. What Is Self Control?

- A. Defining self-control
  1. The Greek word here is "ἐγκράτεια" or "en-kra-tia"
    - i. Webster's says, "restraint exercised over one's own impulses, emotions, or desires" (Merriam-Webster, I. (2003). Merriam-Webster's collegiate dictionary. (Eleventh ed.). Springfield, MA: Merriam-Webster, Inc.)
    - ii. Louw Nida wrote, "to exercise complete control over one's desires and actions—'to control oneself, to exercise self- control, self-control.'" (Louw, J. P., & Nida, E. A. (1996). Vol. 1: Greek-English lexicon of the New Testament: Based on semantic domains (electronic ed. of the 2nd edition.) (750). New York: United Bible Societies.)
  2. Notice what Kittel wrote, "This group takes its sense from the stem krat-denoting power or lordship. Thus enkratés means "having power over all things and the self,"" (Kittel, G., Friedrich, G., & Bromiley, G. W. (1985). Theological Dictionary of the New Testament (196). Grand Rapids, MI: W.B. Eerdmans.)
    - i. In other words it is self-discipline.
- B. Christians do not have anyone making them live the Christian life
  1. No one makes us...
    - i. Read the Bible for a certain amount of time every day.
    - ii. Attend every service of the church.
    - iii. Pray to God.
    - iv. Be evangelistic.
    - v. Stop watching TV shows we shouldn't

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2. Christians must exercise self-control if they want to live the Christian life.
  - i. Even the great apostle Paul had to.
    - a. **I Co 9:27** "But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified."<sup>1</sup>
- C. Self-control is what we as people need the most and seem to have the least
  1. Every day we see...
    - i. Kids dropping out of school.
    - ii. Marriages ending in divorce.
    - iii. Christians becoming unfaithful
  2. It seems many Christians just don't have the discipline to see their problems through.
    - i. Many simply look for the easy way out.
      - a. Like a water traveling downward.
    - ii. Many seem to run from their problems.
      - a. Like the cowardly lion.
    - iii. In other words many Christians quit when the going gets tough.
      - a. **Pr 24:10** "If you faint in the day of adversity, your strength is small."
      - b. **Pr 24:10** "If you fall to pieces in a crisis, there wasn't much to you in the first place. (TM)
- D. Which brings up a good question...Why do we need self-control

### II. Why Do We Need Self Control?

- A. The world around us sees the need for self-control
  1. People understand nothing gets done without it.
    - i. Dreams are never reached without it.
      - a. Doctors won't be doctors without it.
      - b. Firefighters won't be firefighters without it.
      - c. " " won't be " " without it.
- B. The Christian life is no different than the world in this regard
  1. Christians must be even more determined to succeed knowing the world and Satan are against them.
    - i. Illustration:
      - a. Young preacher said to Gus Nichols, "I would give my life to know the Bible like you."
      - b. Gus Nichols replied, "That is what it has taken."
    - ii. Illustration:
      - a. It is said of John Wesley, who is credited with starting the Methodist denomination, that he...
        1. Up at 4:00AM every morning to study.
        2. Preached over 40,000 sermons.
        3. Wrote 400 books.
        4. At the age of 83 he complained that he could not write more than 15 hours anymore.

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<sup>1</sup> All Scriptures are taken from the ESV unless otherwise noted. If other translations are used this is not necessarily an endorsement of the translation.

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5. At age 86 he wrote in his diary that he had a tendency to stay in bed until 5:30AM and could not preach more than 2 sermons a day.
- b. What amazing self-control over ones life.
- C. Which leads me to our final question, what aspects of our lives need self-control

### III. What Aspects Of Our Lives Need Self Control?

- A. The Scriptures are clear on this subject like any other.
  1. We are to exercise self-control over our...
    - i. Minds
      - a. **Ph 4:8** "Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things."
    - ii. Bodies
      - a. **I Co 6:18-20** "Flee fornication. Every sin that a man doeth is without the body; but he that committeth fornication sinneth against his own body. 19 Or know ye not that your body is a temple of the Holy Spirit which is in you, which ye have from God? and ye are not your own; 20 for ye were bought with a price: glorify God therefore in your body." (ASV)
    - iii. Character
      - a. **I Ti 4:8** "for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come."
    - iv. Speech
      - a. **Co 4:6** "Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person."

### CONCLUSION

1. Brethren the only proper way to spiritual maturity is though self-control.
  - a. The only way one can produce the fruit of the Spirit is adding the ninth and final characteristic, self-control.
2. Question: Do you have the ninth characteristic of the fruit of the Spirit self-control?
  - a. If so continue therein and grow thereby.
  - b. If not why repent and correct that this moment.
3. Invitation
  - a. For those that are Christians but are not living for Christ repent by confessing your sins to God that He may forgive you and dedicate your life/time back to Him.
    - i. **I Jn 1:7, 9** "But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin...9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

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- b. For those that are not Christians or for those that think they are Christians and want to know for sure notice what is required to become a child of God or Christian according to God and God only.
- i. Hear/Study **Rom 10:17; II Tim 2:15**
  - ii. Believe Jesus Is The Christ **Jn 3:16; 8:24**
  - iii. Repent/Turn To God **Ac 17:30; Lk 24:47**
  - iv. Confess Jesus As Lord **Mt 10:32; Rom 10:9**
  - v. Immersed For The Forgiveness of Sins **Ac 2:38; 22:16; I Pt 3:21**
  - vi. Live A Faithful Life **I Jn 1:7; Eph 5:8**