

1 Corinthians 9:27 (NKJV)

²⁷ But I discipline my body and bring *it* into subjection, lest, when I have preached to others, I myself should become disqualified.

NEED FOR SELF- CONTROL



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

A photograph of a stone ruin, possibly a castle or church tower, situated on a grassy hill. The sky is filled with dramatic, cloudy light. The text 'NEED FOR SELF - CONTROL' is overlaid on the lower half of the image.

NEED FOR SELF -
CONTROL

NEED FOR SELF - CONTROL TO DEFINE



THE STANFORD
MARSHMALLOW STUDY

1 now or 2 later (15 minutes)

1/3 chose now -

1/3 yielded before time -


1/3 waited & got 2

In follow-up studies, children who waited tended to have better life outcomes, as measured by SAT scores,^[2] educational attainment,^[3] body mass index (BMI),^[4] and other life measures.^[5]

NEED FOR SELF - **CONTROL**

Essential For Success:

- ◆ Athletics
- ◆ Work Performance
- ◆ Finances
- ◆ Health
- ◆ Time Management
- ◆ Relationships
- ◆ Spiritual Growth

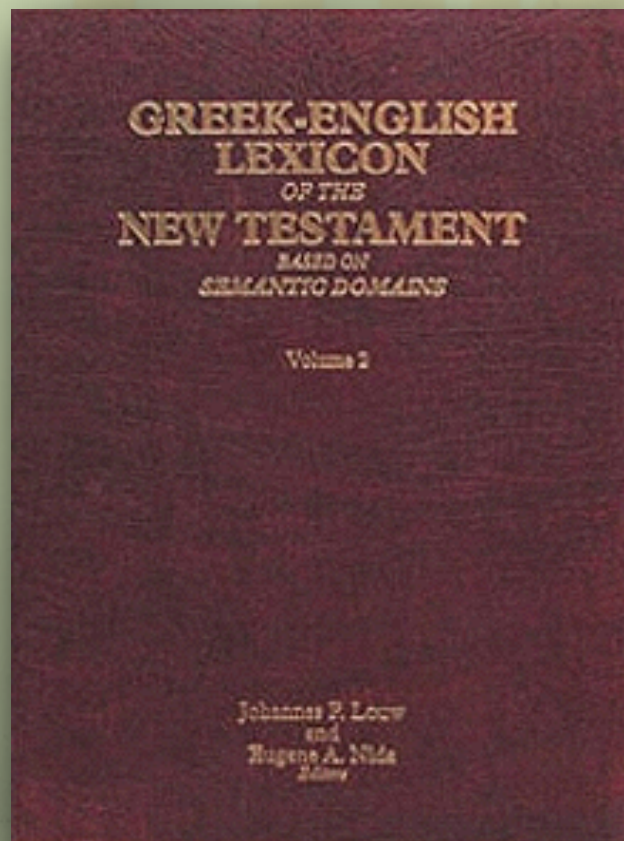


Without
self-discipline,
success is
impossible,
period.

-Lou Holtz

curiano.com

NEED FOR SELF - CONTROL TO DEFINE



Swanson, J. (1997).
*Dictionary of Biblical
Languages with
Semantic Domains:
Greek (New Testament)*
(electronic ed.). Oak
Harbor: Logos
Research Systems, Inc.

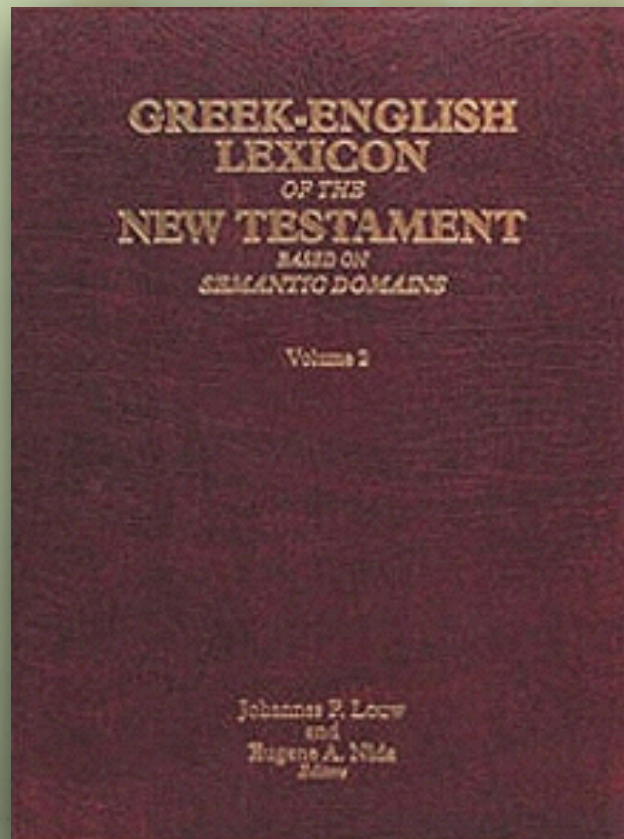
1602 ἐγκράτεια (*egkrateia*), εἰας (*eias*), ἡ (*hē*): **n.**
fem.; ≡ Str 1466; TDNT 2.339—LN 88.83 self-
control (**Ac 24:25; Gal 5:23; 2Pe 1:6+**)

1603 ἐγκρατεύομαι (*egkrateuomai*): **vb.**; ≡ Str
1467; TDNT 2.339—LN 88.83 control oneself,
exercise self-control (**1Co 7:9; 9:25+**)

1604 ἐγκρατής (*egkratēs*), ἐς (*es*): **adj.**; ≡ Str
1468; TDNT 2.339—LN 88.84 self-controlled,
disciplined (**Tit 1:8+**)

to exercise complete control over one's
desires and actions—‘to control oneself, to
exercise self-control, self-control.’

NEED FOR SELF - **CONTROL** TO DEFINE



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‘to hold oneself in,’ ‘to command oneself,’
‘to be a chief of oneself,’ ‘to make one’s
heart be obedient,’ ‘to command one’s own
desires,’ ‘to be the master of what one
wants,’ or ‘to say No to one’s body.

ECCLIESIASTES 12:13 (NKJV)

13 Let us hear the conclusion of the
whole matter: Fear God and keep
His commandments, For this is
man’s all.

NEED FOR SELF - **CONTROL** TO LIVE FOR GOD

Demanded By The Gospel



ACTS 24:25 (NKJV)
²⁵ Now as he reasoned about
righteousness, **self-control**,
and the judgment to come,
Felix was afraid and
answered, "Go away for now;
when I have a convenient
time I will call for you."

NEED FOR SELF - **CONTROL** TO LIVE FOR GOD

A Fruit of The Spirit



Galatians 5:16
(NKJV)

¹⁶ I say then:
Walk in the
Spirit, and you
shall not fulfill
the lust of the
flesh.

GALATIANS 5:22-23
(NKJV)

²² But the fruit of the Spirit
is love, joy, peace,
longsuffering, kindness,
goodness, faithfulness, ²³
gentleness, **self-control**.
Against such there is no law.

NEED FOR SELF - **CONTROL** TO LIVE FOR GOD

To Be Added To Our Faith

2 PETER 1:5-7 (NKJV)

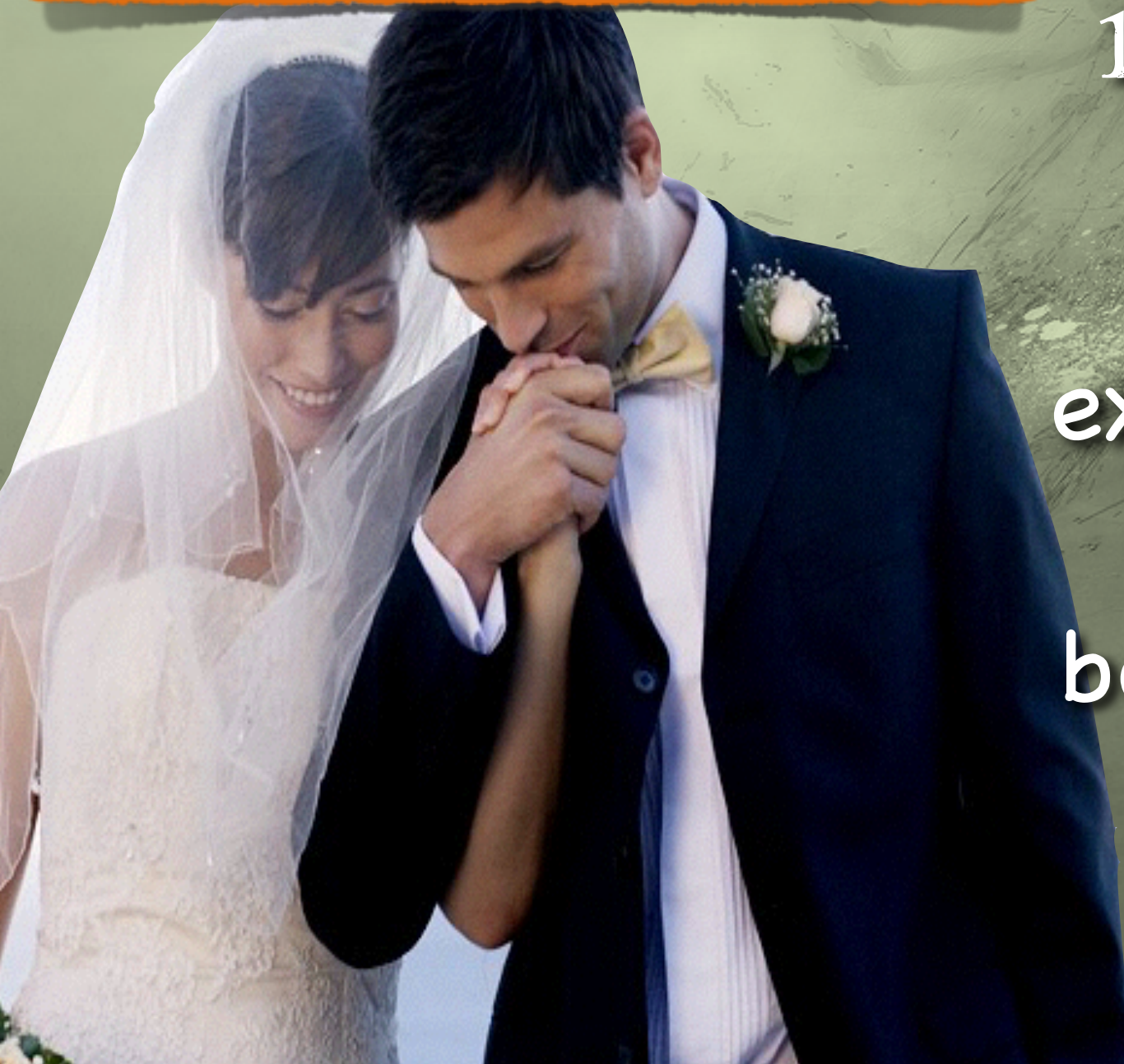
⁵ But also for this very reason,
giving all diligence, add to your
faith virtue, to virtue knowledge,
⁶ to knowledge **self-control**, to
self-control perseverance, to
perseverance godliness, ⁷ to
godliness brotherly kindness, and
to brotherly kindness love.



Building upwards from diligence
2Peter 1:5-7

NEED FOR SELF - **CONTROL** TO LIVE FOR GOD

*Desires To Be Fulfilled
Within God's Provisions*



1 CORINTHIANS 7:9
(NKJV)

⁹ but if they cannot
exercise **self-control**, let
them marry. For it is
better to marry than to
burn with passion.

NEED FOR SELF - **CONTROL** TO LIVE FOR GOD

*Our Body MUST
Be Controlled To
Gain The Prize!*



1 CORINTHIANS 9:25-27 (NKJV)

²⁵ And everyone who competes for the prize is **temperate** in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown. ²⁶

Therefore I run thus: not with uncertainty. Thus I fight: not as one who beats the air. ²⁷ But I **discipline my body** and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.

NEED FOR SELF - **CONTROL** SELF DISCIPLINE

Contributing Factors of Self Discipline

- ◆ Our Up-Bringing -
- ◆ Our Mentors / Associations -
- ◆ Cultural Influences -
- ◆ What We Believe -
- ◆ Who Is In Charge? -



NEED FOR SELF - CONTROL

**WE CHOOSE
WE DECIDE**



- ◆ To Whom We Are Accountable. - Prov 1:7; Eccl. 12:13; James 4:7; Gen 39:7-12; Dan 3:17,18; Josh 24:15
- ◆ What We Know / Learn / Believe - 2 Tim 3:10-17; Rom 10:17
- ◆ The Strength of Our Convictions. - Dan 1:8; Acts 4:20; Heb 11:6; Rev 2:10
- ◆ Our Choice Surroundings. - 1 Cor 15:33; Prov 9:6; 2 Pet 2:6-9
- ◆ The Depth of Our Values. - Mat 6:19-24, 33; Heb 11:24-27
- ◆ The Desire For Our Goals. - 1 John 3:3; 2 Cor 4:17,18

NEED FOR SELF - **CONTROL**

**WE CHOOSE
WE DECIDE**



- ◆ How we use our abilities & for whom - Mat 25:14-30
- ◆ To control our passions, emotions / or let them control us. - Col 3:5-9
- ◆ To control our tongue / or not - James 3:1-14
- ◆ What we think - 2 Cor 10:3-5

NEED FOR SELF - CONTROL

GET CONTROL OF OUR MIND



- ◆ Gird up / Be sober - 1 Peter 1:13
- ◆ Trust God's provisions - 1 Pet 1:13
- ◆ Being obedient children - 1 Pet 1:14
- ◆ Not of the world - but transformed by the renewing of our mind - 1 Pet 1:14; Rom 12:1,2; Col 3:5-17; 2 Cor 10:5
- ◆ Be Holy as our God, our Father is Holy - 1 Pet 1:15,16; Eph 5:1; Heb 12:1-3
- ◆ Live in fear / reverence - we will be judged - 1 Pet 1:17; 2 Cor 5:10
- ◆ Knowing the high price of our redemption - 1 Pet 1:18-21; 2 Cor 5:14

NEED FOR SELF - **CONTROL**

- ◆ Do you struggle with controlling yourself when trying to do God's will?
- ◆ Perhaps this lesson has motivated you to be more serious about self-control.
- ◆ You will make the decision to be under the control of the Lord today or NOT -



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NEED FOR SELF - CONTROL

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1 CORINTHIANS 9:24-27

(NKJV)

²⁴ Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain *it*. ²⁵ And everyone who competes *for the prize* is temperate in all things. Now they *do it* to obtain a perishable crown, but we *for* an imperishable *crown*.

1 CORINTHIANS 9:24-27

(NKJV)

²⁶ Therefore I run thus: not with uncertainty. Thus I fight: not as *one who* beats the air. ²⁷ But I discipline my body and bring *it* into subjection, lest, when I have preached to others, I myself should become disqualified.