

Discipleship - Session 8

Continue the 8 Characteristics Of A True Disciple Number 4 - Self-Control

Things we will cover this lesson:

1. You can have self-control!
2. The results of lack of self-control.
3. The three parts of man and how to walk in self-control.
4. What keeps a person from maturing as a Christian.

Assignment:

1. Continue ALONE prayer log. (One day -- 1/2 hour.)
2. Communing 15 minutes in Word with pen & paper. Make a log.
3. Also go over the material you learned this session. Look up all the scriptures. Put this lesson to practice in your daily life.
4. Show self-control over some area in your life. Be prepared to tell about it next session.

Read again the 8 characteristics from 2 Peter 1

2 Peter 1:5-7

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

Characteristic Number 4 is **Self-control**.

SELF-CONTROL - Definition:

- The virtue of one who masters his desires and passions, especially his sensual appetites.
- Having power over a thing.
- Mastering, controlling, curbing, restraining.

The Greek word is used in four other verses in the New Testament:

Acts 24:25 ²⁵Now 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." (NKJV)

1 Corinthians 9:24-25 ²⁴Do 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*. ²⁵And 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. (NKJV)

Galatians 5:22-23 ²²But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, ²³gentleness, **self-control**. Against such there is no law. (NKJV)

Titus 1:7-9 ⁷For a bishop must be blameless, as a steward of God, not self-willed, not quick-tempered, not given to wine, not violent, not greedy for money, ⁸but hospitable, a lover of what is good, sober-minded, just, holy, **self-controlled**, ⁹holding fast the faithful word as he has been taught, that he may be able, by sound doctrine, both to exhort and convict those who contradict. (NKJV)

You can do this! You can have self-control!

2 Peter 1:3 ³as His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue, (NKJV)

Philippians 4:13 "I can do all things through Christ who strengthens me." (NKJV)

Ephesians 3:16 ¹⁶that He would grant you, according to the riches of His glory, **to be strengthened with might through His Spirit in the inner man**, (NKJV)

Isaiah 40:29 ²⁹He gives power to the weak, And to *those who have* no might **He increases strength**. (NKJV)

Isaiah 41:10 ¹⁰Fear not, for I *am* with you; Be not dismayed, for I *am* your God. **I will strengthen you**, Yes, **I will help you**, **I will uphold you** with My righteous right hand.' (NKJV)

Titus 2:11-12 ¹¹For the grace of God that brings salvation has appeared to all men, ¹²teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly in the present age, (NKJV)

Consider these scriptures which show lack of self-control.

Luke 15:13¹³ "And not many days after, the younger son gathered all together, journeyed to a far country, and there wasted his possessions with prodigal living. (NKJV)

Romans 13:13¹³ Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy. (NKJV)

1 Corinthians 6:9-10⁹ Do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived. Neither fornicators, nor idolaters, nor adulterers, nor homosexuals, nor sodomites,¹⁰ nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners will inherit the kingdom of God. (NKJV)

Galatians 5:19-21¹⁹ Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness,²⁰ idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies,²¹ envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told *you* in time past, that those who practice such things will not inherit the kingdom of God. (NKJV)

The original lack of self-control:

Genesis 3:6-7⁶ So when the woman saw that the tree *was* good for food, that it *was* pleasant to the eyes, and a tree desirable to make *one* wise, she took of its fruit and ate. She also gave to her husband with her, and he ate.⁷ Then the eyes of both of them were opened, and they knew that they *were* naked; and they sewed fig leaves together and made themselves coverings. (NKJV)

It is God's will for us to know how to control our flesh:

1 Thessalonians 4:3-5³ For **this is the will of God,** your sanctification: that you should abstain from sexual immorality; ⁴ **that each of you should know how to possess his own vessel** in sanctification and honor, ⁵ not in passion of lust, like the Gentiles who do not know God; (NKJV)

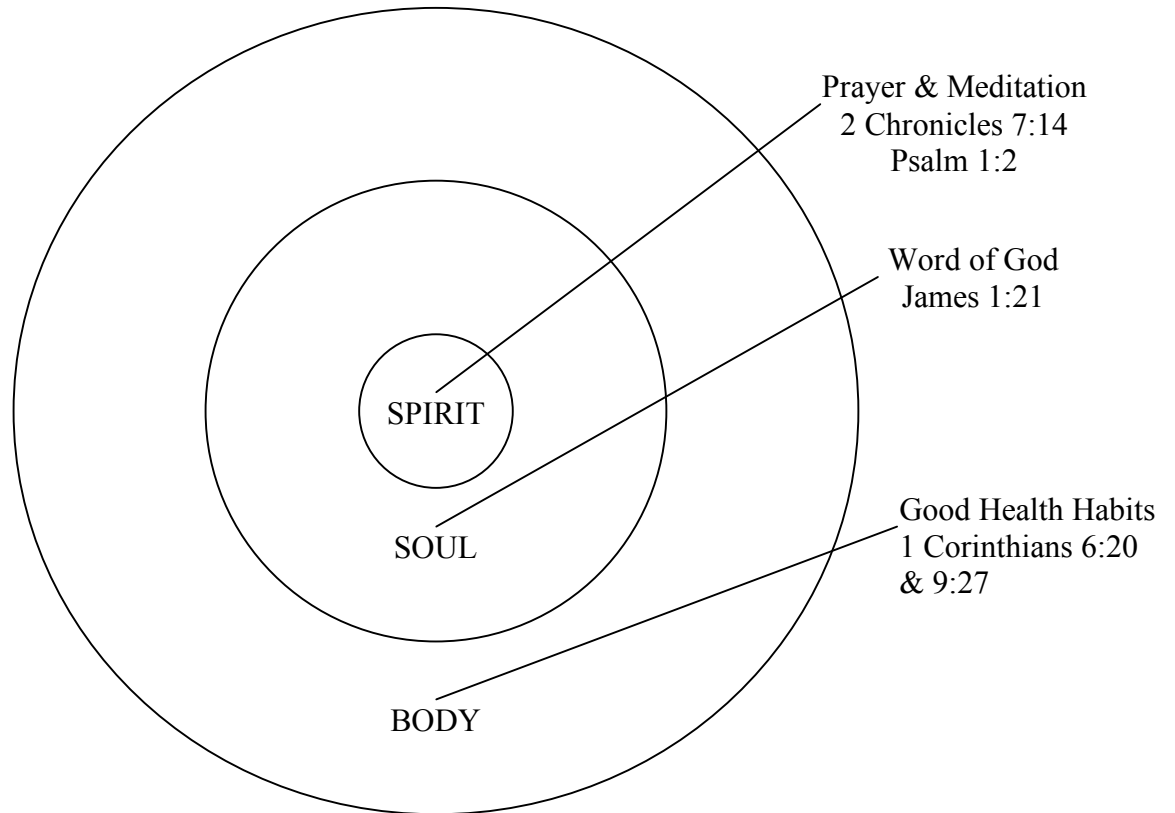
See circles drawing and attached man drawing next two pages.

Man is made up of three parts - spirit, soul and body. To walk in full victory, all three must come under control of the Lordship of Jesus Christ. Failure in any of the three will result in failure in the Christian life.

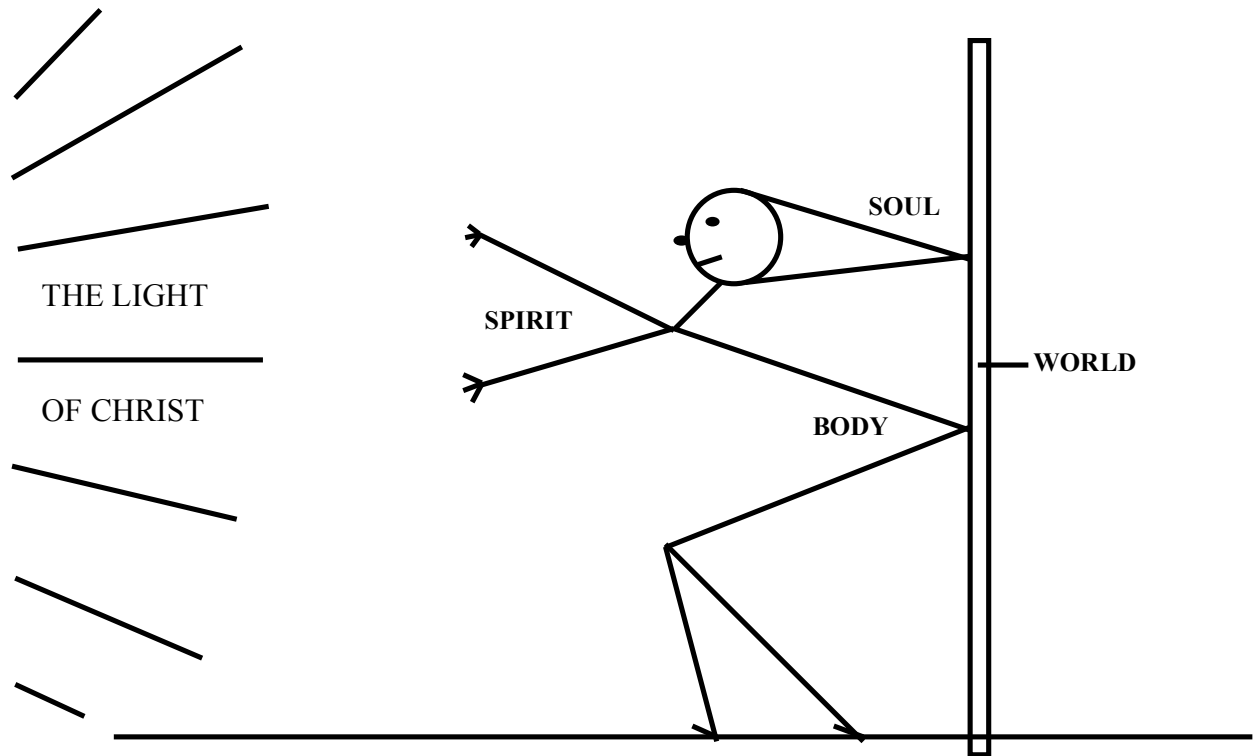
Note: In a later session we will show you the application of the cross in the life of the believer. *It is only through dying to self that real self-control is achieved.*

1 Thessalonians 5:23

²³ Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ. (NKJV)



Soul + (one of the others) rules the third.
Examples:
Soul + Spirit = control of the Body (self-control!).
Soul + Body = control of the Spirit (Christian defeat).



ATTACHED MAN

Matthew 26:41 ⁴¹ "**Watch and pray**, lest you enter into temptation. **The spirit indeed is willing, but the flesh is weak.**" (NKJV)

This drawing illustrates what keeps a person from maturing as a disciple of Christ. **His spirit wants to go to the light of Christ!** Until the person lets go of the world in his mind and his flesh, he will progress very little. We must quit thinking like the world and we must quit giving in to the lusts of our flesh. One of the major ways a person regularly gives in to the flesh is with the appetite. Another way is in the things a person allows himself to see and hear. **Learn self-control**. It is a major key to victory. Remember the promises of 2 Peter 1!

Read Philippians 3:17-19.

SUMMATION STATEMENT: We must learn to master our desires and passions. Now that you have become a Christian there is a power within you which will enable you to do this. It is your helper, the Holy Spirit. Begin with little things and proceed one by one until you are walking in self-control of the big things in your life as well. Knowledge of the Word, Christ-likeness and faith are working for you now.