

# SELF-CONTROL



## ICE BREAKERS

- ★ Did you ever have a pair of handcuffs on? How did it make you feel?
- ★ Do you struggle with tight confined spaces? Why?
- ★ Would you rather spend an hour in a small space or an hour in the woods? Why?



As human beings, we love to have our freedom! Isn't it cool that Christ died to give us freedom? He offers forgiveness through salvation and freedom through sanctification!

## READ Galatians 3:22-23

- ★ The Holy Spirit in us keeps us free and fruitful! Today, He is producing self-control. Are you choosing to display it?
- ★ How would you define self-control?
- ★ When's the last time you displayed it?



**NOTE:** In Genesis, God created man & woman and gave them dominion over the earth! We were never created to be dominated.

- ★ What are things that dominate people and get control of them?

**SELF-CONTROL = ability to control desires.**

- ★ What kind of desires get control of people?

- ★ Can we really control our desires?
- ★ Can the Holy Spirit control our desires?
- ★ Can the Holy Spirit bring freedom from wrong desires?

## READ Hebrews 13:12

- ★ Why did Jesus die?



## READ 1 John 1:9

- ★ Did Jesus die to forgive us?
- ★ Did Jesus die to cleanse/purify us?

**NOTE:** When you were **SAVED**, you were *forgiven* of sinful acts/choices. When you were **SANCTIFIED** (filled with the Spirit) you were *freed* of sinful nature (cleansed/purified). The Holy Spirit brings power to say **NO** to evil desires and to keep your desires under His blood!

## READ 1 Corinthians 6:12

**"I will not be mastered by anything!"**

- ★ That's self control!



## Three Keys to Self-Control



## Recognize the Temptation

## READ James 1:14

- ★ Are all of us tempted?
- ★ Do we have to give into temptation?
- ★ What "temps" you or is "enticing" to you?

**Temptation = External Source**

**Desire = Internal Source**

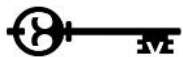
When the external source of temptation and the internal desire match up, we have chemistry for sin.

**Temptation + Desire = SIN**

- ★ What happens when our internal source (desire) is surrendered to the Holy Spirit?
- ★ How does this change things?

**NOTE:** Temptation will always be! But, with a cleansed heart and submitted desires through the infilling of the Holy Spirit, we don't have to give into temptation or desires and can choose not to sin!

- ★ Do you recognize temptation when it knocks on your door?



**Change your focus**

**READ Philippians 3:13-14**

- ★ These verses identify two things we need to do... what are they?

1. Forget \_\_\_\_\_.
2. Strain towards \_\_\_\_\_.

### 1. Forget the Past.

- ★ Do you focus on the past a lot?
- ★ Can we learn from the past?
- ★ Should past failures drive us?
- ★ Can focus on the past keep us from being and doing what God wants us to do in the present?



### 2. Remember the Prize.

- ★ This shifts our focus from past to present/future.
- ★ Has Satan or people ever made you believe you can't do something?
- ★ How does Satan/people accomplish this? Do they remind you of your past?
- ★ Can we alter our focus off the past to the prize?
- ★ What is the prize for you?



**Depend on Holy Spirit Power**

**READ Galatians 5:16**

- ★ Does this say you won't have desires?
- ★ What does this verse say the first thing is we should do?  
"LIVE BY \_\_\_\_\_."
- ★ What's the result?  
"YOU WILL NOT \_\_\_\_\_."

### APPLICATION:

- ★ Are you "living by the Spirit"?
- ★ How do you know or not if you are?
- ★ Is "living by the Spirit" a daily thing? Does it require "fresh infillings" of God's Spirit?

### PERSONAL APPLICATION

- ★ What desires has God freed you from?
- ★ What desires does He need to free you from?

Galatians 5:16

Live by the Spirit, and you will not gratify the desires of the sinful nature.