

Add to Your Faith
Self-Control
I Cor. 9:24-27

Introduction:

Faith – Virtue – Knowledge – self-control

If we are going to be pleasing to God, we must be in control of our actions. We must understand that we are responsible for our own actions.

- I. There are many aspects of our life that we must exercise self-control.
 - A. Knowledge of God's word (to make time to study His word)
 - B. Work for the Lord (the things that we do; doing the right thing)
 - a. **I Cor. 15:58**
 - b. Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord.
 - C. Anger
 1. **Pr. 16:32** - He who is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.
 2. **Ecc. 7:9** - Do not hasten in your spirit to be angry, for anger rests in the bosom of fools.
 3. **Js. 1:19-20** - So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; {20} for the wrath of man does not produce the righteousness of God.
 - D. Speech
 1. **Pr. 17:28** - Even a fool is counted wise when he holds his peace; when he shuts his lips, he is considered perceptive.
 2. **Js. 3:2** - For we all stumble in many things. If anyone does not stumble in word, he is a perfect man, able also to bridle the whole body.
 3. Including gossip, bad language, lying, etc.
 - E. Example of those who exercised self-control or those who need it.
 1. Joseph with Potiphar's wife (**Gen. 39**).
 2. David for not killing God's king (Saul) on two separate occasions (**I Sam. 24 and 26**).
 3. Daniel for not eating of the king's food and defiling himself.
 - a. King Nebuchadnezzar is having a feast and has invited certain Jews to be a part of it, including Daniel.
 - a. **Dan 1:8** - But Daniel purposed in his heart that he would not defile himself with the portion of the king's delicacies, nor with the wine which he drank; therefore he requested of the chief of the eunuchs that he might not defile himself.
 4. Elders: **Titus 1:8** - but hospitable, a lover of what is good, sober-minded, just, holy, self-controlled,
 - F. We must exercise self-control in all aspects of our lives.

- II. We must be disciplined, or self-controlled, in our lives.
- A. The Christian life is often compared to a battle or an athletic event.
1. The most notable time is mentioned in **I Cor. 9:24-27**.
 2. An athlete or a warrior must be conditioned by self-control.
 3. If an athlete is going to be successful in his sport, he must exercise self-control.
- B. We all have desires that we would like to do; however, we are commanded to abstain from fleshly lusts, or desires, that we have.
1. **Rom. 6:12** - Therefore do not let sin reign in your mortal body, that you should obey it in its lusts.
 2. **Rom. 8:13(a)** - For if you live according to the flesh you will die;
 3. **I Pet 2:11** - Beloved, I beg you as sojourners and pilgrims, abstain from fleshly lusts which war against the soul,
- C. We abstain from the flesh by putting on the things of God.
1. **Rom. 8:13 (b)** - but if by the Spirit you put to death the deeds of the body, you will live.
 2. **Gal. 5:16** - I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.
 3. **Rom. 13:14** - But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts.
 4. **Gal. 5:24** - And those who are Christ's have crucified the flesh with its passions and desires.
- D. The more that we exercise self-control over our fleshly desires, the easier it gets for us.
- E. In order for us to abstain from these things, we must have control over our own lives.
- III. God teaches us that we must be willing to deny ourselves for the kingdom of heaven's sake.
- A. We must be willing to deny ourselves for God.
1. **Rom. 12:1** - I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.
 2. **Lk. 9:23** - Then He said to them all, "If anyone desires to come after Me, let him deny himself, and take up his cross daily, and follow Me."
 3. **Mk. 9:43-48** – Great detail of what it means to deny ourselves and live our lives as a sacrifice to God.
- B. We must be willing to put God before our family.
1. **Mt. 10:34-37**
 2. We cannot allow our family members to hinder us from serving Christ.
 3. We must have great self-control to do this successfully.

Conclusion:

We exercise self-control because of the reward that God promises to us.

We can now look and begin to see how all of the things that we are to add to our faith are coming together. Are you building on your faith?

