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# Self-Control

## LEVEL UP

Written by: Peter (Simon Peter - the disciple)
Written about 67 AD

- Written to Jew and Gentile saints.
- Discourage people from listening to false prophets and teachers
- Encourage them despite persecution
- Knows His death is coming soon

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**2 Peter 1:5** In view of all this, make every effort to respond to God's promises. Supplement your faith with a generous provision of moral excellence, and moral excellence with knowledge, **6** and knowledge with self-control, and self-control with patient endurance, and patient endurance with godliness, **7** and godliness with brotherly affection, and brotherly affection with love for everyone.

**2 Peter 1:8** The more you grow like this, the more productive and useful you will be in your knowledge of our Lord Jesus Christ. **9** But those who fail to develop in this way are shortsighted or blind, forgetting that they have been cleansed from their old sins.

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## The _____.

**What Is Self-Control?**
**Why Do I Need Self-Control?**
**How Do I Level Self-Control Up?**

**Question #1**

## What Is Self-Control?

Self-Control: the ability to control oneself. It involves moderation, constraint, and the ability to say "no" to our baser desires and fleshly lusts.

_____ **or** _____

**Matthew 16:24** Then Jesus said to his disciples, "If any of you wants to be my follower, you must give up your own way, take up your cross, and follow me. **25** If you try to hang on to your life, you will lose it. But if you give up your life for my sake, you will save it. **26** And what do you benefit if you gain the whole world but lose your own soul? Is anything worth more than your soul?" *(NLT)*

_____ **Nature vs.** _____ **Nature**

**2 Corinthians 5:14** Either way, Christ's love controls us. Since we believe that Christ died for all, we also believe that we have all died to our old life. **15** He died for everyone so that those who receive his new life will no longer live for themselves. Instead, they will live for Christ, who died and was raised for them. **16** So we have stopped evaluating others from a human point of view. At one time we thought of Christ merely from a human point of view. How differently we know him now! **17** This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun! **18** And all of this is a gift from God, who brought us back to himself through Christ. And God has given us this task of reconciling people to him. *(NLT)*

**Romans 7:14** So the trouble is not with the law, for it is spiritual and good. The trouble is with me, for I am all too human, a slave to sin. **15** I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate. **16** But if I know that what I am doing is wrong, this shows that I agree that the law is good. **17** So I am not the one doing wrong; it is sin living in me that does it. **18** And I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can't. **19** I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway. **20** But if I do what I don't want to do, I am not really the one doing wrong; it is sin living in me that does it. **21** I have discovered this principle of life—that when I want to do what is right, I inevitably do what is wrong. **22** I love God's law with all my heart. **23** But there is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me. **24** Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? **25** Thank God! The answer is in Jesus Christ our Lord. So you see how it is: In my mind I really want to obey God's law, but because of my sinful nature I am a slave to sin. *(NLT)*

**Romans 6:16** Don't you realize that you become the slave of whatever you choose to obey? You can be a slave to sin, which leads to death, or you can choose to obey God, which leads to righteous living. **17** Thank God! Once you were slaves of sin, but now you wholeheartedly obey this teaching we have given you. **18** Now you are free from your slavery to sin, and you have become slaves to righteous living. *(NLT)*

**Romans 6:12** Do not let sin control the way you live; do not give in to sinful desires. **13** Do not let any part of your body become an instrument of evil to serve sin. Instead, give yourselves completely to God, for you were dead, but now you have new life. So use your whole body as an instrument to do what is right for the glory of God. **14** Sin is no longer your master, for you no longer live under the requirements of the law. Instead, you live under the freedom of God's grace. *(NLT)*

**Romans 6:6** We know that our old sinful selves were crucified with Christ so that sin might lose its power in our lives. We are no longer slaves to sin. **7** For when we died with Christ we were set free from the power of sin. **8** And since we died with Christ, we know we will also live with him. *(NLT)*

_____ **vs.** _____

**Romans 6:1** Well then, should we keep on sinning so that God can show us more and more of his wonderful grace? **2** Of course not! Since we have died to sin, how can we continue to live in it? *(NLT)*

**1 John 3:7** Dear children, don't let anyone deceive you about this: When people do what is right, it shows that they are righteous, even as Christ is righteous. **8** But when people keep on sinning, it shows that they belong to the devil, who has been sinning since the beginning. But the Son of God came to destroy the works of the devil. **9** Those who have been born into God's family do not make a practice of sinning, because God's life is in them. So they can't keep on sinning, because they are children of God. **10** So now we can tell who are children of God and who are children of the devil. Anyone who does not live righteously and does not love other believers does not belong to God. *(NLT)*

_____ **vs.** _____

**Galatians 5:1** So Christ has truly set us free. Now make sure that you stay free, and don't get tied up again in slavery to the law. *(NLT)*

**2 Timothy 3:1** You should know this, Timothy, that in the last days there will be very difficult times. **2** For people will love only themselves and their money. They will be boastful and proud, scoffing at God, disobedient to their parents, and ungrateful. They will consider nothing sacred. **3** They will be unloving and unforgiving; they will slander others and have no self-control. They will be cruel and hate what is good. **4** They will betray their friends, be reckless, be puffed up with pride, and love pleasure rather than God. **5** They will act religious, but they will reject the power that could make them godly. Stay away from people like that! *(NLT)*

**Question #2**

## Why Do I Need Self-Control?

_____ **vs.** _____

**Proverbs 25:28** A person without self-control is like a city with broken-down walls. *(NLT)*

**Galatians 5:22** But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, **23** gentleness, and self-control. There is no law against these things! *(NLT)*

**Galatians 5:19** When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, **20** idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, **21** envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God. *(NLT)*

_____ **Desires vs.** _____ **Desires**

**James 1:14** Temptation comes from our own desires, which entice us and drag us away. **15** These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death. *(NLT)*

**Luke 7:20** And then he added, "It is what comes from inside that defiles you. **21** For from within, out of a person's heart, come evil thoughts, sexual immorality, theft, murder, **22** adultery, greed, wickedness, deceit, lustful desires, envy, slander, pride, and foolishness. **23** All these vile things come from within; they are what defile you." *(NLT)*

**_____ (Love) vs. _____ (Pride)**

**Ephesians 5:21** And further, submit to one another out of reverence for Christ. **22** For wives, this means submit to your husbands as to the Lord. **23** For a husband is the head of his wife as Christ is the head of the church. He is the Savior of his body, the church. **24** As the church submits to Christ, so you wives should submit to your husbands in everything. **25** For husbands, this means love your wives, just as Christ loved the church. He gave up his life for her **26** to make her holy and clean, washed by the cleansing of God's word. *(NLT)*

**1 Peter 3:7** In the same way, you husbands must give honor to your wives. Treat your wife with understanding as you live together. She may be weaker than you are, but she is your equal partner in God's gift of new life. Treat her as you should so your prayers will not be hindered. **8** Finally, all of you should be of one mind. Sympathize with each other. Love each other as brothers and sisters. Be tenderhearted, and keep a humble attitude. **9** Don't repay evil for evil. Don't retaliate with insults when people insult you. Instead, pay them back with a blessing. That is what God has called you to do, and he will grant you his blessing. *(NLT)*

**1 Corinthians 7:1** Now regarding the questions you asked in your letter. Yes, it is good to abstain from sexual relations. **2** But because there is so much sexual immorality, each man should have his own wife, and each woman should have her own husband. **3** The husband should fulfill his wife's sexual needs, and the wife should fulfill her husband's needs. **4** The wife gives authority over her body to her husband, and the husband gives authority over his body to his wife. **5** Do not deprive each other of sexual relations, unless you both agree to refrain from sexual intimacy for a limited time so you can give yourselves more completely to prayer. Afterward, you should come together again so that Satan won't be able to tempt you because of your lack of self-control. **6** I say this as a concession, not as a command. **7** But I wish everyone were single, just as I am. Yet each person has a special gift from God, of one kind or another. **8** So I say to those who aren't married and to widows—it's better to stay unmarried, just as I am. **9** But if they can't control themselves, they should go ahead and marry. It's better to marry than to burn with lust. *(NLT)*

**Houston We Have A _____!**

**1 John 2:15** Do not love this world nor the things it offers you, for when you love the world, you do not have the love of the Father in you. **16** For the world offers only a craving for physical pleasure, a craving for everything we see, and pride in our achievements and possessions. These are not from the Father, but are from this world. **17** And this world is fading away, along with everything that people crave. But anyone who does what pleases God will live forever. *(NLT)*

**Question #3**

# How Do I Level Self-Control Up?

**2 Timothy 1:7** For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. *(NLT)*

**Control What I _____**

**Proverbs 1:1** These are the proverbs of Solomon, David's son, king of Israel. **2** Their purpose is to teach people wisdom and discipline, to help them understand the insights of the wise. **3** Their purpose is to teach people to live disciplined and successful lives, to help them do what is right, just, and fair. **4** These proverbs will give insight to the simple, knowledge and discernment to the young. *(NLT)*

**Luke 6:44** "A tree is identified by its fruit. Figs are never gathered from thornbushes, and grapes are not picked from bramble bushes. **45** A good person produces good things from the treasury of a good heart, and an evil person produces evil things from the treasury of an evil heart. What you say flows from what is in your heart. **46** So why do you keep calling me 'Lord, Lord!' when you don't do what I say?" *(NLT)*

**Control How I _____**

**Philippians 4:8** And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. *(NLT)*

**Romans 12:2** Don't copy the behavior and customs of this world, but let God transform you into a new person by changing

the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect. *(NLT)*

**1 Peter 1:13** So prepare your minds for action and exercise self-control. Put all your hope in the gracious salvation that will come to you when Jesus Christ is revealed to the world. **14** So you must live as God's obedient children. Don't slip back into your old ways of living to satisfy your own desires. You didn't know any better then. **15** But now you must be holy in everything you do, just as God who chose you is holy. **16** For the Scriptures say, "You must be holy because I am holy." *(NLT)*

**Control How I** _____

**Ephesians 5:15** So be careful how you live. Don't live like fools, but like those who are wise. **16** Make the most of every opportunity in these evil days. **17** Don't act thoughtlessly, but understand what the Lord wants you to do. *(NLT)*

**Philippians 2:12** Dear friends, you always followed my instructions when I was with you. And now that I am away, it is even more important. Work hard to show the results of your salvation, obeying God with deep reverence and fear. **13** For God is working in you, giving you the desire and the power to do what pleases him. **14** Do everything without complaining and arguing, **15** so that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people. **16** Hold firmly to the word of life; then, on the day of Christ's return, I will be proud that I did not run the race in vain and that my work was not useless. *(NLT)*

**Control How I** _____

**1 Corinthians 9:24** Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! **25** All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. **26** So I run with purpose in every step. I am not just shadowboxing. **27** I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified. *(NLT)*

**Romans 8:9** But you are not controlled by your sinful nature. You are controlled by the Spirit if you have the Spirit of God living in you. (And remember that those who do not have the Spirit of Christ living in them do not belong to him at all.) **10** And Christ lives within you, so even though your body will die because of sin, the Spirit gives you life because you have been made right with God. **11** The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit living within you. **12** Therefore, dear brothers and sisters, you have no obligation to do what your sinful nature urges you to do. **13** For if you live by its dictates, you will die. But if through the power of the Spirit you put to death the deeds of your sinful nature, you will live. **14** For all who are led by the Spirit of God are children of God. *(NLT)*

**1 Corinthians 10:31** So whether you eat or drink, or whatever you do, do it all for the glory of God. **32** Don't give offense to Jews or Gentiles or the church of God. **33** I, too, try to please everyone in everything I do. I don't just do what is best for me; I do what is best for others so that many may be saved. *(NLT)*