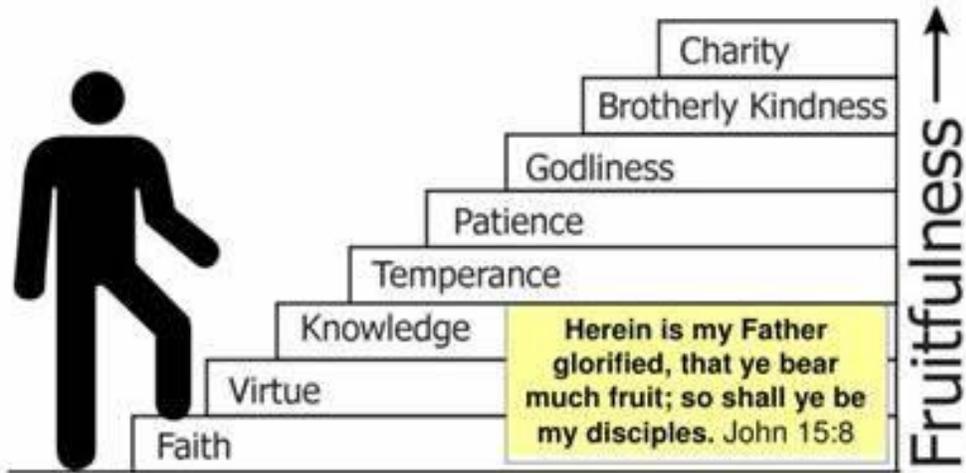


God's Call to Spiritual Growth

The steps of a good man are ordered by the LORD: and he delighteth in his way. Though he fall, he shall not be utterly cast down: for the LORD upholdeth him with his hand. Psalm 37:23,24



FEBRUARY BIBLE STUDY SERIES

SOLID STEPS OF CHRISTIAN GROWTH

Lesson Five:
Add To Your Faith Self-Control
(Temperance)
Part 1

Scripture Lesson:
II Peter 1:5-7

II Peter 1:5-7, But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love.

FAITH (trust in the abilities of Jesus Christ) gets us into God's family and forms the foundation upon all the rest of our life.

VIRTUE keeps us from getting trapped and defeated by sin by giving us the limits that we are to live within – lines that we will never cross.

KNOWLEDGE gives us answers for the problems we go through, and for the uncertainties in those troubles. This knowledge is also the outworking of the divine nature of Christ within us.

Acts 24:25, 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.”

Self Control (Temperance) Involves Three Things:

- 1. Dominion – Who oversees my life?**
- 2. Balance – Keeping things balanced**
- 3. Grace – Handling Failures**

The Opposites of Self-Control (Temperance):

A. Out of Control

B. Undisciplined

C. Unruly

D. Unrestrained

E. Chaotic

F. Lawless

**Webster defines self-control as
“control over your feelings or
actions; restraint exercised over
one’s own impulses, emotions, or
desires.”**

Proverbs 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.

Proverbs 25:28, Whoever has no rule over his own spirit is like a city broken down, without walls.

The Greek definition for Self-Control is “mastery of one’s appetites and passions, power over oneself in the sense of persistence or restraint.”

When Self-Control Is Absent:

Eve - Genesis 3:6, 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.

Achan - Joshua 7:21, When I saw among the spoils a beautiful Babylonian garment, two hundred shekels of silver, and a wedge of gold weighing fifty shekels, I coveted them and took them. And there they are, hidden in the earth in the midst of my tent, with the silver under it.

David – II Samuel 11:2-4, Then it happened one evening that David arose from his bed and walked on the roof of the king's house. And from the roof he saw a woman bathing, and the woman was very beautiful to behold. So, David sent and inquired about the woman. And someone said, is this not Bathsheba, the daughter of Eliam, the wife of Uriah the Hittite? Then David sent messengers, and took her; and she came to him, and he lay with her, for she was cleansed from her impurity; and she returned to her house.

When Self-Control Is Practiced:

Paul - I Corinthians 9:27, But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.

Joseph - Genesis 39:7-9, And it came to pass after these things that his master's wife cast longing eyes on Joseph, and she said, Lie with me. But he refused and said to his master's wife, look, my master does not know what is with me in the house, and he has committed all that he has to my hand. There is no one greater in this house than I, nor has he kept back anything from me but you, because you are his wife. How then can I do this great wickedness, and sin against God?

Self-Control Is:

- **A Gift of God's Spirit**
- **A Christian Virtue**
- **Power Over Oneself**



Areas In Our Lives Needing Self-Control:

1. OUR HEARTS

Matthew 15:18-20, But those things which proceed out of the mouth come from the heart, and they defile a man. For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies. These are the things which defile a man, but to eat with unwashed hands does not defile a man.

**If you want to know what is in
your heart, just listen to what
escapes your mouth.**

**“What’s down in the well
comes up in the bucket.”**

**When God is in the heart, then we
think right, live right, do right.
When God is absent, we think
wrong, do wrong, live wrong.**

2. OUR MIND AND THOUGHTS

Genesis 22:17, “...your descendants shall possess the gate of their enemies.”

The mind today is so often a gate for the enemy. If we do not guard this gate, the enemy will enter and cause us great harm.

Genesis 6:5, The LORD saw how great man's wickedness on the earth had become, and that every inclination of the thoughts of his heart was only evil all the time.

Philippians 4:8, Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

“Guard your thinking, do not accept every thought that knocks on the door of your mind.”

3. OUR EYES

Psalm 101:3, I will set before my eyes no vile thing.

Job 31:1, I made a covenant with my eyes.

Matthew 6:22-23, The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!

It is not only what we see, but how we perceive what we see that makes the difference between godliness and ungodliness, between light and darkness.

Psalm 119:37, Turn my eyes away from worthless things; preserve my life according to your Word.

Matthew 18:9, And if your eye causes you to sin, pluck it out and cast it from you. It is better for you to enter life with one eye, rather than having two eyes, to be cast into hell fire.

“First, We See. Then We Sin.”

4.THE TONGUE

James 3:6, “The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole person, sets the whole course of his life on fire, and is itself set on fire by hell”

Tongue Abuse Include:

Cursing, gossip, slander, lying, flattery, complaining, boasting, foolish talk, dirty stories, malicious speech, negative talk and just talking too much.

James 1:26, If anyone among you thinks he is religious, and does not bridle his tongue but deceives his own heart, this one's religion is useless.

5. PERMISSIVENESS - a situation in which behavior that some people might disapprove of is allowed.

I Corinthians 6:18, Flee from sexual immorality.

Thessalonians 4:3-7, It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control your own body in a way that is holy and honorable, not in passionate lust like the pagans, who do not know God; and that in this matter no one should wrong or take advantage of a brother or sister. The LORD will punish all those who commit such sins, as we told you and warned you before. For God did not call us to be impure, but to live a holy life.

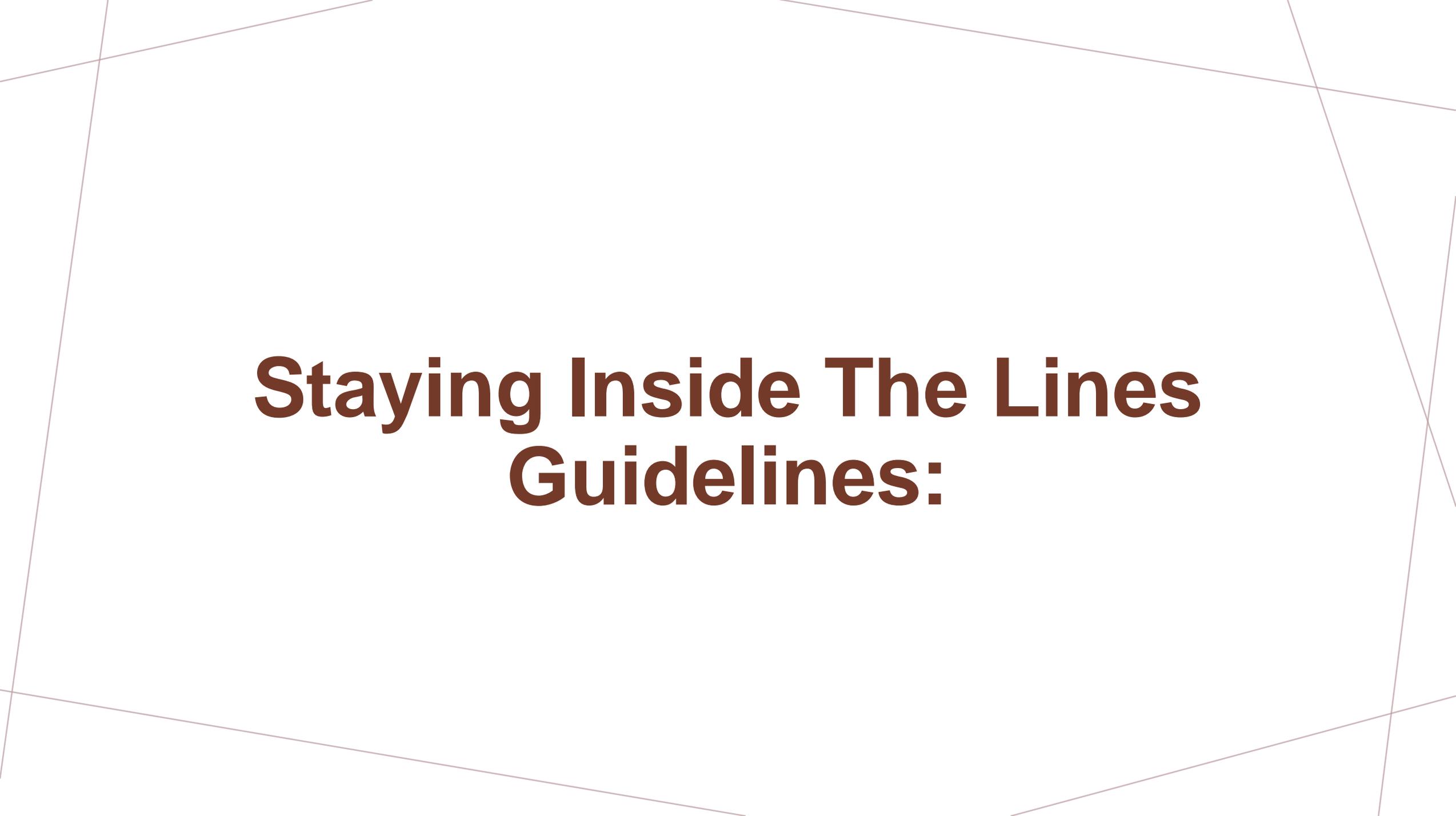
6. OUR APPETITE

Proverbs 28:7, Whoever keeps the law is a discerning son, but a companion of gluttons shames his father.

7. OUR HABITS

Proverbs 25:28, Like a city whose walls are broken down is a man who lacks self-control.

Without self-control our Christian lives will be defeated, destroyed, and overrun by the enemy.



Staying Inside The Lines Guidelines:

Repetitive Activities That Are Good For Us To Practice Regularly:

- **Attend Worship Services**
- **Bible Study or Discipleship Classes**
- **Daily Read the Bible**
- **Evangelize/talk about God**
- **Avoid Sinning**
- **Pray Without Ceasing**

“Here is the paradox of Christian living. We must give up control of self to gain self-control.”

Bible Study Follow Up Chat:

1. What does self-control mean to you?
2. Is self-control generally easy or difficult for you?
3. Why is self-control mentioned so often for the Christian?
4. “When we react the way others act toward us – they control us!”
5. Is self-control generally easy or difficult for you?

6. If you realize that you are going to be in a situation that requires self-control, do you try to prepare yourself ahead of time? How? Do you try to avoid the situation?

7. Do you think self-control is easier for men or women? Why?

8. What has been the biggest test of your self-control? Did you pass or fail?

Complete the Self Test – Answer Yes or No

1. During a church service, at the movies, or during a Bible study, do you often talk to your neighbors?
2. If someone makes you angry, do you strike back, either physically or verbally?
3. When you are standing in a line, do you get very impatient and even push against the person ahead of you?
4. Do you rely on others to remind you of things you need to do, getting someplace on time, what clothes to wear etc.?
5. Do you frequently start things with good intentions and then not finish them?
6. If you know that you should not consume a certain food or drink that you like a lot, do you have it anyway?

7. Have you tried to break some bad habits and not been successful?

8. Are you often late for appointments?

9. Do you find it difficult to stop doing something you enjoy and turn to a distasteful task you need to do?

10. Do you feel yourself fearful of or stressed by small unimportant things or happenings?