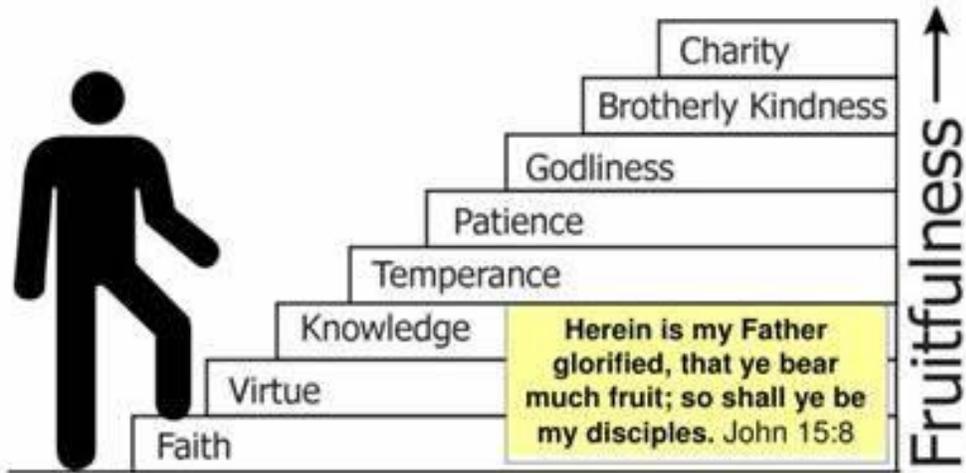


God's Call to Spiritual Growth

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 Six:
Add To Your Faith Self-Control
(Temperance)
Part 2

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.

**Self-control is transforming
desires to please self into
desires to please God.**

“And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.” Romans 12:2

Definition: The Biblical term for self-control is temperance. The Greek word for temperance is egkrateia from egkrates, which means “restraining and controlling oneself.”

Self-control is the inward strength to bring all physical appetites under the control of the Holy Spirit.

1. The Vital Importance Of Self-Control.

I Corinthians 9:24-27, Know ye not that they which run in a race run all, but one receives the prize? So run, that ye may obtain. And every man that strives for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but an incorruptible. I therefore so run, not as uncertainly; so, fight I, not as one that beats the air: But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I should be a castaway.

Church Leaders Must Have Self-Control

Titus 1:7-8, A bishop must be blameless, as the steward of God; not self-willed, not soon angry, not given to wine, no striker, not given to filthy lucre . . . Temperate.

Titus 2:1-2, Speak thou the things which become sound doctrine: That the aged men be sober, grave, temperate, sound in faith, in charity, in patience.

Three Ways Leaders Can Cultivate Self-Control:

- 1. Be Mindful. Do not give into Emotional Impulses.**
- 2. Get Enough Sleep.**
- 3. Create Rituals and Routines**

“To handle yourself, use your head; to handle others, use your heart.”

2. The Opposite Of Self- Control.

The Biblical antonym of self-control means “to be powerless, incontinent, unable to withstand or resist the desires and passions of human appetite.”

That which I do I allow not: for what I would, that do I not; but what I hate, that do I. . . . For the good that I would I do not: but the evil which I would not, that I do. . . . O wretched man that I am! who shall deliver me from the body of this death?” (Romans 7:15, 19, 24).

Self- control is choosing to do what is right when I feel like doing wrong.

**How Did Paul Develop Self-
control?
Three Steps:**

Joining God's Family

There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit” (Romans 8:1).

For as many as are led by the Spirit of God, they are the sons of God” (Romans 8:14).

2. Obeying the Holy Spirit

For what the law could not do, in that it was weak through the flesh, God sending his own Son in the likeness of sinful flesh, and for sin, condemned sin in the flesh: That the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit. . . . Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be. So, then they that are in the flesh cannot please God” (Romans 8:3–4, 7–8).

**“The Christians who neglects
the Holy Spirit is like a lamp
that is not plugged in.”**

3. Listening to God's Spirit

**Therefore, brethren, we are debtors, not to the flesh, to live after the flesh. For if ye live after the flesh, ye shall die, but if ye through the Spirit do mortify the deeds of the body, ye shall live”
(Romans 8:12–13).**

Colossians 3:5: “Mortify therefore your members which are upon the earth; fornication, uncleanness, inordinate affection, evil lust, and covetousness, which is idolatry.”

I Corinthians 9:27: “But I keep under my body and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.”

Self-control is responding to sin in the same way a dead man does.

KEEP UNDER literally means “to beat black and blue, to smite so as to cause bruises and livid spots, like a boxer who buffets his body, to handle it roughly, to discipline by hardships.”

**How shall we, that are dead to sin,
live any longer therein? . . . likewise
reckon ye also yourselves to be dead
indeed unto sin, but alive unto God
through Jesus Christ our Lord.
Romans 6:2,11**

The Discipline of Fasting

Giving no offense in anything, that the ministry be not blamed: But in all things approving ourselves as the ministers of God, in much patience, in afflictions, in necessities, in distresses, in stripes, in imprisonments, in tumults, in labors, in watching, in fasting. II Corinthians 6:3–5



The Power That Produces Self-Control

Let the Holy Spirit guide your lives. Then you will not be doing what your sinful nature craves. The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires.

These two forces are constantly fighting each other, so you are not free to carry out your good intentions. . . . But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. (Galatians 5:16-17, 22-23).

**As God takes control of our lives,
self-control will be the natural
result.**

Tips On How To Demonstrate Self-Control:

At Home

- . Refuse to allow other family members to provoke you to anger.**
- . Never discipline in anger.**
- . Look for ways to serve other family members rather than yourself.**
- . Purpose never to raise your voice in anger in the home.**

At Work/School

- . Purpose ahead of time that you will stand alone for what is right and refuse to compromise.**
- . Refuse to participate in harmful habits.**
- . Choose to walk away from questionable activities.**
- . Don't allow anger to destroy the effectiveness of your witness.**

At Church

- . Reject gossip about church leaders and other church members.**
- . Never react in anger to those who disagree with you.**
- . Follow the principles in Matthew 18:15-20 to restore someone who has a fault.**

Review Self-check Test Results (10)

Bible Study Follow-up Chat

- 1. Do you give more time to spiritual pursuits than to the pleasures of the world?**
- 2. Do you bring every thought into captivity to the obedience of Christ?**
- 3. Do you control your eating or indulge in foods you know are unhealthful?**
- 4. Do you remove provisions for indulgences so you will not fulfill them?**
- 5. Do you have a wise and Biblical program for fasting?**

6. To what area of your life do you need to apply the fruit of self-control?

7. Our emotions are a main target of the devil. Agree or disagree. Why?

8. What is one area of your life that is succeeding in the exercise of self-control?