



**APRIL LIFE IN THE WORD SERIES:
‘FROM SUCH TURN AWAY’**



**LESSON TWELVE:
ARE YOU LACKING
SELF-CONTROL?**







SCRIPTURE LESSON:

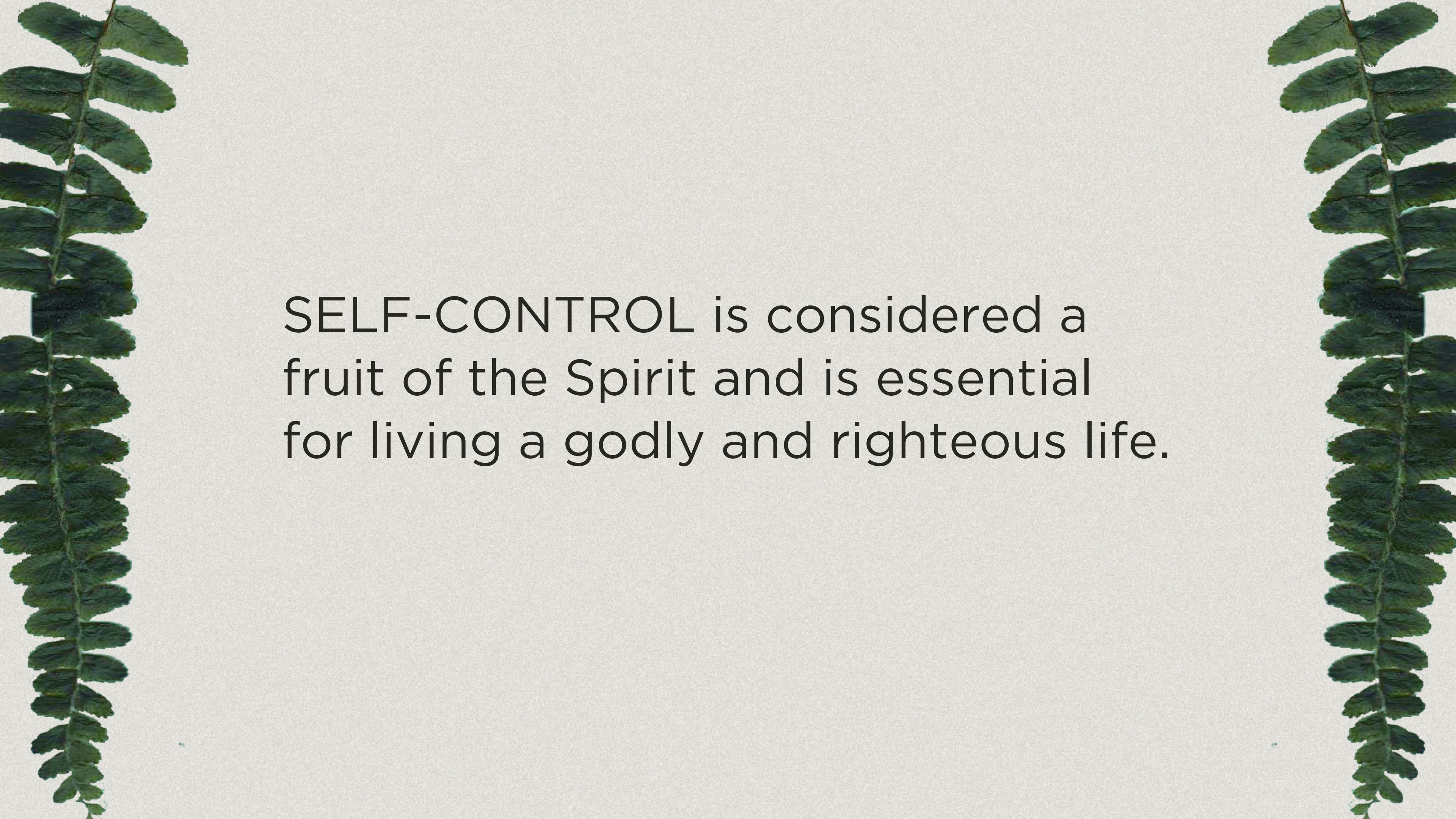
II Timothy 3:1-5

The image features two fern fronds, one on the left and one on the right, framing a central text. The fronds are dark green with a serrated edge and are arranged in a pinnate pattern. The background is a light, neutral color.

“You only live once, but if you
do it right, once is enough.”



SELF-CONTROL is the ability to exercise restraint and moderation in various aspects of life, including our thoughts, words, actions, and desires.



SELF-CONTROL is considered a fruit of the Spirit and is essential for living a godly and righteous life.



“

But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.

GALATIANS 5:22-23



We Must Admit Our Need For
Self-Constraint.



Now the works of the flesh are sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these.

GALATIANS 5:19-21

The image features two fern fronds, one on the left and one on the right, extending vertically from the top to the bottom of the frame. The fronds are dark green with a serrated edge and a central stem. The background is a plain, light gray color. Centered in the middle of the image is a quote in a simple, black, sans-serif font.

But a life without limits
is a life without freedom.



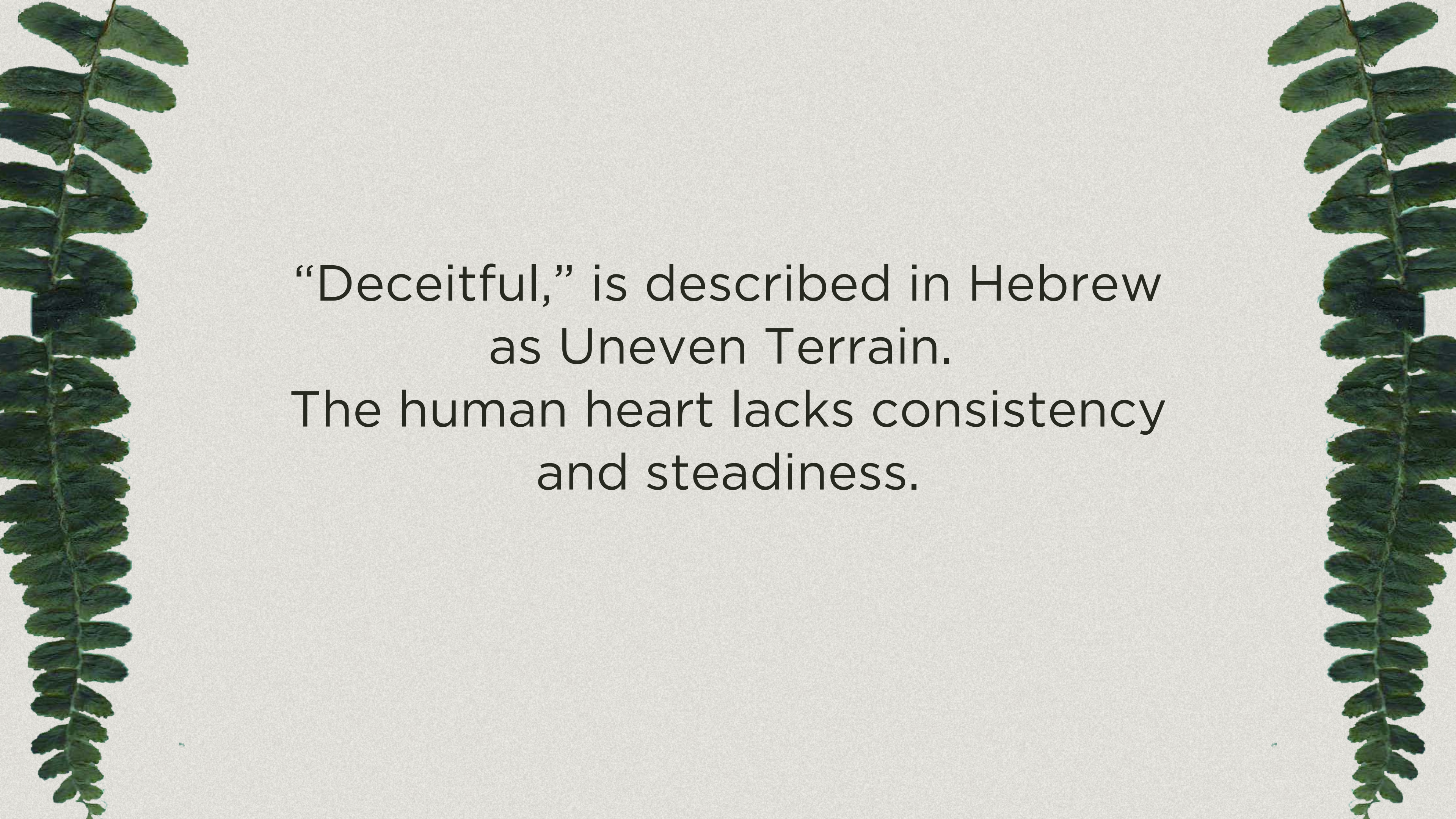
Beware the Uneven
Terrain of a Sinful Heart.



“

“The heart is deceitful above all things
and beyond cure”

JEREMIAH 17:9

The image features two green fern fronds, one on the left and one on the right, framing the central text. The fronds are composed of many small, pointed leaflets. The background is a light, neutral color.

“Deceitful,” is described in Hebrew
as Uneven Terrain.
The human heart lacks consistency
and steadiness.



“

From within, out of the heart of man, come evil thoughts, sexual immorality, theft, murder, adultery, coveting, wickedness, deceit, sensuality, envy, slander, pride, foolishness. All these evil things come from within, and they defile a person.

MARK 7:21-23



Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith.

I PETER 5:8-9

The image features a light beige background with a decorative border of dark green, textured leaves. The leaves are positioned at the top, bottom, and sides, framing the central text. The text is centered and reads:

**WHAT DOES THE BIBLE SAY
ABOUT SELF-CONTROL?**



“

Like a city whose walls are broken through
is a person who lacks self-control.

PROVERBS 25:28



“

Better a patient person than a warrior, one with self-control than one who takes a city.

PROVERBS 16:32



“

Now the overseer is to be above reproach, faithful to his wife, temperate, self-controlled, respectable, hospitable, able to teach.

I TIMOTHY 3:2



For the grace of God has appeared that offers to all people. It teaches us to say ‘No’ to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age.

TITUS 2:11-12

**WHY IS IT IMPORTANT FOR
CHRISTIANS TO HAVE
SELF-CONTROL?**



1. It is Evidence of God's
Transformational Power.



2. It Helps Focus You on the
Greater Purpose.



So, Potiphar left everything he had in Joseph's care; with Joseph in charge, he did not concern himself with anything except the food he ate. Now Joseph was well-built and handsome, and after a while his master's wife took notice of Joseph and said, 'Come to bed with me!' But he refused. 'With me in charge,' he told her, 'my master does not concern himself with anything in the house; everything he owns he has entrusted to my care. No one is greater in this house than I am. My master has withheld nothing from me except you because you are his wife. How then could I do such a wicked thing and sin against God?' And though she spoke to Joseph day after day, he refused to go to bed with her or even be with her. One day he went into the house to attend to his duties, and none of the household servants was inside. She caught him by his cloak and said, "Come to bed with me!" But he left his cloak in her hand and ran out of the house.

GENESIS 39:6-12




**J O S E P H E X E R C I S E D
S E L F - C O N T R O L B E C A U S E :**

- 
- 1. He wanted to please God.**
 - 2. He wanted to remain faithful to his master.**

JOSEPH'S FIVE STEPS TO AVOID TEMPTATION



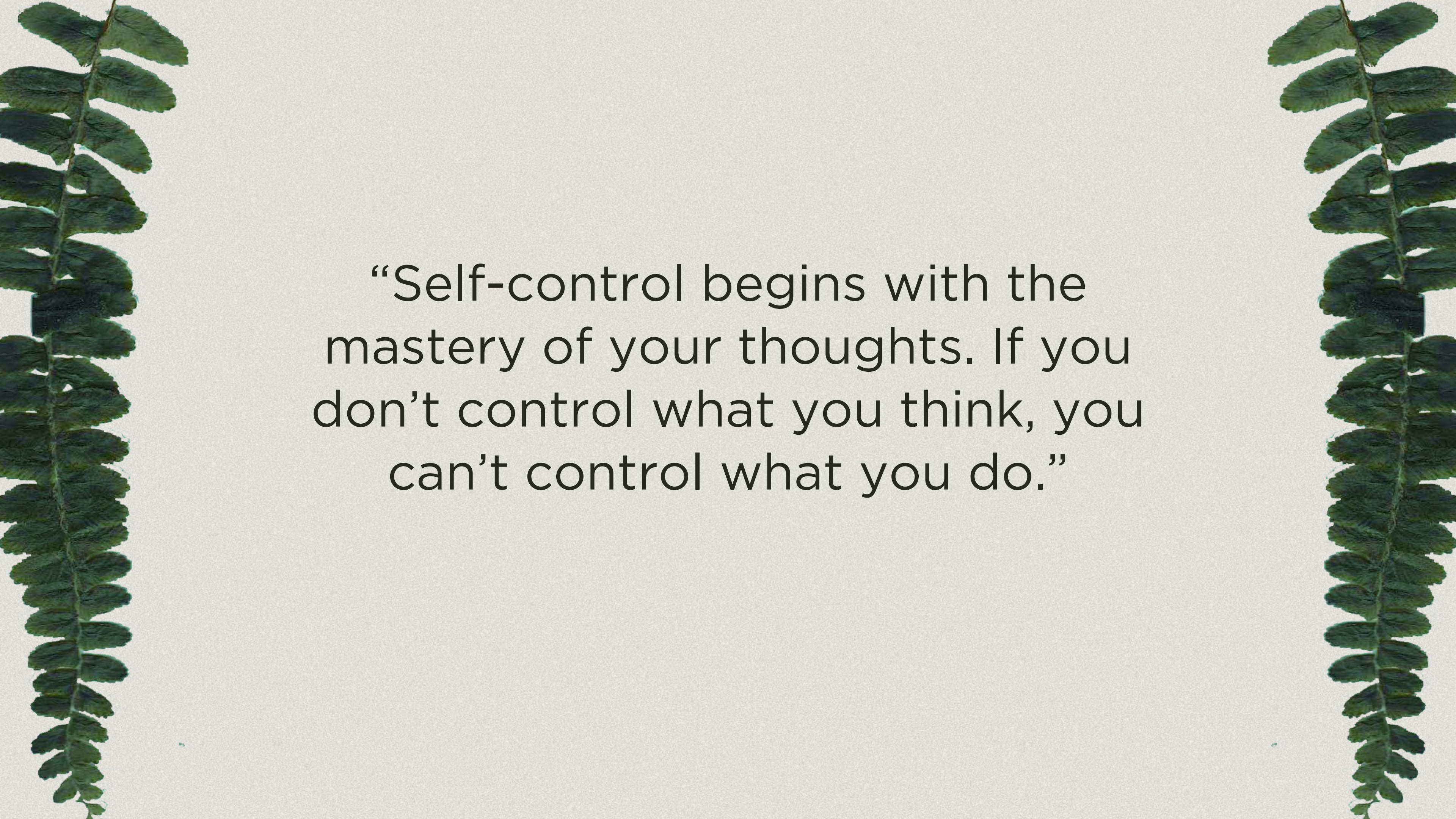
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1. He Took Responsibility.
 2. He Recognized Sin.
 3. He Responded to God.
 4. He Refused to be Present.
 5. He Ran.



“

Flee fornication. Every sin that a man does is without the body; but he that commits fornication sins against his own body.

CORINTHIANS 6:18

The image features two fern fronds, one on the left and one on the right, framing a central text block. The fronds are dark green with a serrated edge and are positioned vertically. The background is a light, neutral color.

“Self-control begins with the mastery of your thoughts. If you don’t control what you think, you can’t control what you do.”



Follow Up Chat Questions:

1. What is your definition of self-control?
2. Why do you think Paul considered self-control a fruit of the Spirit?
3. “But a life without limits is a life without freedom. How so?”
4. The heart is described as an “Uneven Terrain.” How So?
5. Why is it important for Christians to have self-control?
6. List Joseph’s five steps to avoid temptation. Explain.
7. How can you apply this lesson to your daily life?