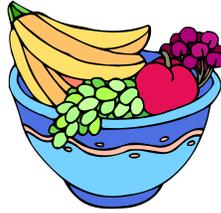


# Nine Secrets of Healthy Relationships

## Self-Control – Part Ten



First United Pentecostal Church ~ Sunday, November 25, 2001

**Galatians 5:22-23 (NLT)** <sup>22</sup> But when the Holy Spirit controls our lives, he will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup> gentleness, and self-control. Here there is no conflict with the law.

The Greek word translated “self-control” (NLT) or “temperance” (KJV) is a combination of two words: **EN KRATOS**. “En” means “in” and “kratos” means “strength, power, might, or dominion.”

- A person with self-control is a person \_\_\_\_\_.
- **Galatians 5:16** This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.
- **Proverbs 25:28 (NLT)** A person without self-control is as defenseless as a city with broken-down walls.
- Anything uncontrolled can harm you and your relationships:
  - Uncontrolled anger (Ephesians 4:26-27)
  - Uncontrolled lust (Proverbs 6:26)
  - Uncontrolled spending (Proverbs 21:20)
  - Uncontrolled drinking (Proverbs 23:29-30)
  - Uncontrolled ambition (1 Timothy 6:9)
  - Uncontrolled tongue (James 3:5-6)
- Self-control is not \_\_\_\_\_!
- **2 Peter 1:3-4 (CEV)** <sup>3</sup>We have everything we need to live a life that pleases God. It was all given to us by God’s own power, when we learned that he had invited us to share in his wonderful goodness. <sup>4</sup> God made great and marvelous promises, so that his nature would become part of us. Then we could escape our evil desires and the corrupt influences of this world.

## TWO PRINCIPLES OF SELF-CONTROL:

1. \_\_\_\_\_ can be ignored.

**Titus 2:11-12 (NIV)** The grace of God that brings salvation has appeared to all men. It teaches us to say ‘No’ to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age.

2. \_\_\_\_\_ can be avoided.

- Self-control means ...
  - I say \_\_\_\_\_ to all that God forbids
  - I say \_\_\_\_\_ to all that God commands
  - I say \_\_\_\_\_ to all that is a hindrance, even when it is not forbidden
  - I say \_\_\_\_\_ to all that is a blessing, even when it is not commanded

**Galatians 5:13** For, brethren, ye have been called unto liberty; only use not liberty for an occasion to the flesh, but by love serve one another.

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### ALL THINGS ARE LAWFUL, BUT ...

- Will they lead to freedom or slavery? (1 Cor. 6:12)
- Will they make me a stumbling block or a stepping-stone? (1 Cor. 8:9)
- Will they build me up or tear me down? (1 Cor. 10:23)
- Will they only please me, or will they glorify Christ? (1 Cor. 10:31)
- Will they help to win the lost to Christ or turn them away? (1 Cor. 10:33)

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**Galatians 5:19-21 (NLT)** <sup>19</sup> When you follow the desires of your sinful nature, your lives will produce these evil results: sexual immorality, impure thoughts, eagerness for lustful pleasure, <sup>20</sup> idolatry, participation in demonic activities, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, divisions, the feeling that everyone is wrong except those in your own little group, <sup>21</sup> envy, drunkenness, wild parties, and other kinds of sin. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God.