

“What’s Your Kryptonite?”
Who Am I Becoming? — Part 4
Various Scriptures

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

Definition #1

Self-control is the steady capacity to resist temptation and direct yourself to accomplish what you have chosen or decided to do and be, even though you don't feel like it.

Definition #2

Self-control is a misnomer. It is really about giving up control, moving over and letting Jesus take control. It is surrendering our lives to God's will and God's purpose.

Key Question

How does God free me from addictions and sinful habits?

Key Idea

I have the power through Christ
to be controlled by the Holy Spirit.

Fighting the Self-control Battle

1. The first battle is the fallen world.

*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.
Genesis 6:5*

*Do not love the world or anything in the world. If anyone loves the world, the love of the Father is not in him. For everything in the world—the cravings of sinful man, the lust of his eyes and the boasting of what he has and does—comes not from the Father but from the world. The world and its desires pass away, but the man who does the will of God lives forever.
1 John 2:15-17*

2. The second battle is the flesh.

*I do not understand what I do. For what I want to do I do not do, but what I hate I do...
For I have the desire to do what is good, but I cannot carry it out.
Romans 7:15 and 18*

3. The third battle line is the devil.

*Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.
1 Peter 5:8*

Winning the Self-control battle

1. God's grace and Spirit

For 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, while we wait for the blessed hope — the glorious appearing of our great God and Savior, Jesus Christ, who gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good.*

Titus 2:11-14

***Self-control is not about trying hard, it is about giving up!
I gain control over my sinful desires by giving up control
to God and letting His Spirit guide my life.***

So I say, live by the Spirit, and you will not gratify the desires of the sinful nature. For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want. But if you are led by the Spirit, you are not under law. The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit. Let us not become conceited, provoking and envying each other.

Galatians 5:16-26

***Jesus sets us free from the love and
the control of an out of control world.***

2. God's Word

How can a young man keep his way pure? By living according to your word.

Psalm 119:9

Your word is a lamp to my feet and a light for my path.

Psalm 119:105

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Romans 12:1-2

3. God's people

Therefore do not be foolish, but understand what the Lord's will is. Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit. Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

Ephesians 5:17-20

As iron sharpens iron, so one man sharpens another.

Proverbs 27:17

And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another — and all the more as you see the Day approaching.

Hebrews 10:24-25

Application: When Christ returns, our blessed hope having been made a reality, we will have brand new bodies that are free from the infection of sin. We will be alive eternally where self will rule no longer. How different this is from other religions where people are free to indulge their every desire. We will only desire what is right and pure. Sin and its devastating effects will be wiped away. Remaining in Christ today can allow us to overcome the world, the flesh and the devil.

Self-control is possible when God is in control of us.