



“To Knowledge, Self-Control”

Growing in the Faith 2018

“Make Your Call and Election Sure”

2Peter 1:5-11

Self-Control

- Self-control is added to knowledge. WHY?
 - 1Cor 8:1 “..., *knowledge puffs up, but love edifies.*”
- Describe self-control.
 - Where does it come from?
 - Galatians 5:23 - One of the fruits of the Holy Spirit; an attribute of the Divine nature.
 - *“The various powers bestowed by God upon man are capable of abuse. The right use demands **the controlling power of the will under the operation of the Spirit of God.**”* Vine’s
- Four characteristics

1. Moderation

2Peter 1:6

- Gk. ἐγκράτεια, egkrateia (Strong's 1466): Habitual moderation in regard to the indulgence of the natural appetites and passions.
 - Often used in reference to use of alcohol
- Acts 24:25 – Paul reasons with the governor Felix “..., about righteousness, ***self-control***, and the judgment to come...,”
 - Why would self-control be included in a presentation of the gospel given on righteousness and judgment.

2. Reason

1Timothy 3:2

- Gk. σώφρων, sophron (Strong's 4998) adj: curbing one's desires and impulses, self-controlled.
 - Thought must lead emotion
- Paul here describes the seriousness of elders.
 - Also in Titus 1:8, 2:2, 2:5
- To operate with sound reason, having one's desires and passions well regulated.
 - To be wise, prudent

3. Strength

Titus 1:8

- Gk. ἐγκρατής, egkrates (Strong's 1468) adj. 1. strong in a thing (masterful). 2. (figuratively and reflexively) self-controlled (in appetite, etc.).
 - Robust, durable, tough
- Used by Paul to describe those who are able to do the job of an elder.
 - They must have power over themselves to exercise God's power in caring for His home and children.

4. Resolve

1Corinthians 7:9

- Gk. ἐγκρατεύομαι, egkrateuomai (Strong's 1467): to exercise self-restraint in diet and chastity. To exercise power or self-control for a better purpose.
 - Often used in respect of sexual passions
- 1Corinthians 9:25 Paul uses it to describe the resolve an athlete has in preparing and maintaining conditioning to compete.
 - The rigorous abstinence and preparation of anyone striving to obtain a victory in sports.

Mentally Tough by Loehr & Mclaughlin

- Winning sports principles applied to business
 - Attitude: Emotion follows thought
 - Motivation: Purpose & passion
 - Visualization: What you see is what you get
 - Exercise: Physically fit = Mentally tough
 - Diet: Mood & Food
 - Breath Control: Ride the gentle winds
 - Humor: The power of mirth
 - Performance Ritual: Finding the ultimate groove
 - Creative Problem Solving: Breakthrough vs. breakdown
 - The Myth of Stress: Preparation & response

Summary

- Self-Control is mental toughness.
 - Spiritual in nature
- Like faith, it is a gift of God's Holy Spirit, but must be received, learned, instilled.
- Self-Control includes practice in...,
 - Moderation
 - Reason
 - Strength
 - Resolve
- Self-control founds Perseverance