

# Self-Control

With the fruit of the Holy Spirit in me, I live in the strength of self-control. While much of the world is focused on self-fulfillment, self-satisfaction and self-awareness, God is working in me to produce self-control. Self-control is a character trait of Jesus. As His follower, I am growing to be more like Him every day; the Holy Spirit produces self-control in me.

On my own I lack restraint over sinful, human desires. What is impossible on my own is made possible through the power of God's Spirit living in and through me. Though self-control is a natural by-product of the Spirit, it requires care and cultivation on my behalf. I will continue to train myself to live in the discipline and effort of prayer, Bible study and worship. My spiritual progress depends on investment in these disciplines. With the fruit of the Holy Spirit in me, I live in the strength of self-control.

Self-control requires that I am honest with myself and God about my strengths and weaknesses, allowing Him to redirect my weaknesses. It is not a matter of keeping rules, regulations or human commands. It is in no way a form of legalism, nor an exercise in self-effort, rather a transformation of my inward desires through the power of Jesus Spirit living in me. Self-control will lead to perseverance, giving me the ability to be steadfast and endure all things without giving up my faith.

I take no pride in self-control because I recognize there is no human effort that will make me right with God the Father. Self-control is extended to me only through the work of Jesus, His death and resurrection, not my ability to keep rules. My choice to follow Him means I am choosing to put to death anything that draws me away from Him. I can only do this through the power the Holy Spirit gives me to live in self-control.

Self-control touches every area of my life. When I feel I cannot live in self-control I will prayerfully ask the Spirit to prompt and remind me He is working in and through me. He is filling me with the Spirit of self-control, empowering me to focus my desires and passions on Jesus and His purpose for my life. He reminds me I can do all things through Christ who gives me strength.

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## Study: Self-Control

**Day 1:** Live in Self-Control - *Galatians 5:22-23* (Page 893); *2 Peter 1:5-7* (Page 938); *Proverbs 25:28* (Page 499)

**Day 2:** Free From Sinful Nature - *Colossians 2:20-23* (Page 903); *Romans 8:12-13* (Page 862); *Galatians 5:26* (Page 893); *Proverbs 5:21-23* (Page 484)

**Day 3:** Living in Discipline - *1 Corinthians 9:24-27* (Page 875); *Romans 7:14-25* (Page 862); *Proverbs 5:23* (Page 484)

**Day 4:** Self Control in Speech - *Matthew 15:11* (Page 746); *James 3:7-12* (Page 931); *Proverbs 29:11* (Page 502); *Psalms 141:3* (Page 477)

**Day 5:** Right Conduct - *1 Corinthians 7:5-7* (Page 873); *James 3:13-18* (Page 931); *Genesis 39:7-12* (Page 33)

**Day 6:** Through the Tough Times - *1 Peter 1:6* (Page 934); *2 Timothy 3:1-5* (Page 915); *Isaiah 53:7* (Page 559)

**Day 7:** More on Self-Control - *Matthew 15:11-17* (Page 746); *Proverbs 5:21-23* (Page 484); *Proverbs 16:32* (Page 492); *Proverbs 25:28* (Page 499). Read the *Daily Reading* once again and highlight things that stand out. Answer the three Life Transformation questions for growth in this area. Take time to learn the memory verse.

**Memory Verse:** 1 Peter 1:13-16 *"Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming. As obedient children, do not conform to the evil desires you had when you lived in ignorance. But just as he who called you is holy, so be holy in all you do; for it is written: 'Be holy, because I am holy.'"* 1 Peter 1:13-16

### Life Transformation Questions:

1. As you read the *Daily Reading*, what stood out and why?
2. What action will you take to apply this truth? Be specific.
3. What areas of your life will benefit from this action? How and why?