

Nine Secrets of Healthy Relationships

Self-Control – Part Ten

Galatians 5:22-23 (NLT) ²² But when the Holy Spirit controls our lives, he will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, ²³ 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 **ruled from within**.
- **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:
 - o Uncontrolled anger (Ephesians 4:26-27)
 - o Uncontrolled lust (Proverbs 6:26)
 - o Uncontrolled spending (Proverbs 21:20)
 - o Uncontrolled drinking (Proverbs 23:29-30)
 - o Uncontrolled ambition (1 Timothy 6:9)
 - o Uncontrolled tongue (James 3:5-6)
- **Self-control is not only a good idea it's a God idea!**
- **2 Peter 1:3-4 (CEV)** ³ 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. ⁴ 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. Feelings 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. Ditches can be avoided.

- Self-control means ...
- I say **NO** to all that God forbids
- I say **YES** to all that God commands
- I say **NO** to all that is a hindrance, even when it is not forbidden
- I say **YES** 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.

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)

Galatians 5:19-21 (NLT) ¹⁹ When you follow the desires of your sinful nature, your lives will produce these evil results: sexual immorality, impure thoughts, eagerness for lustful pleasure, ²⁰ 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, ²¹ 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.