

10: Self-control, like Jesus

While waiting to begin please discuss:

1. What do you think of when you hear “self-control”?
2. How do we see self-control in the life of Jesus? Why is Jesus’ self-control so important?

Galatians 5:22-23. “The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self control...”

The need for self control

1 Corinthians 9:25, “Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable”

“self-control”

= “inner power.”

“It’s the ability to control our inner wants, our urges, our emotions, and speech” (Jonathan Landry Cruse, *The character of Christ: the fruit of the Spirit in the life of our saviour*, page 34)

In practice:

Why?

- Because I know that my desires are messed up by sin
- Because there is something better for me in the future
= delay gratification

How is self control possible?

Consider Jesus

in the wilderness (Luke 4:1-15)

in Gethsemane (Matthew 26:36-46)

think about our union with Jesus (e.g. 1 Corinthians 1:30)

think about the daily fight for power over self: trusting... AND trying

Titus 2:11-14

The grace of God appeared

The grace of God trains us: new minds, new desires

The grace of God gives us:

New power (sin is not inevitable)

New identity (I am not defined by my sin struggle)

New future (there is a beautiful and truthful kingdom)

To discuss

1. What’s the difference between trying to control our circumstances and trying to control ourselves? Which do you spend more time pursuing?
2. Look again at Titus 2:11-14. Talk about how this passage encourages and challenges you. How can we put this scripture to work in daily life