

A Gift for the Wise

Part 4 of Proverbs: Simple wisdom for a complicated world

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Like a city whose walls are broken through is a person who lacks self-control.

Proverbs 25:28

A person without self-control is like a house with its doors and windows knocked out.

Proverbs 25:28 MSG

A lack of self-control makes you vulnerable to...

- Mood Swings
- Impulsiveness (Prov 13:3, 14:29)
- Temptation (Prov. 5:22-23)

Self-control is having command over your desires, emotions & behavior.

When it comes to self-control, none of us is perfect.

Ways to build self-control into your life:

- Know the difference between a desire that needs to be denied & one that needs to be contained.

To the unmarried and the widows I say that it is good for them to remain single as I am. But if they cannot exercise self-control, they should marry. For it is better to marry than to burn with passion.

1 Corinth. 7:8-9 ESV

- Get a vision for your life & don't lose sight of it.

Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

1 Corinth. 9:25-27 ESV

- In the areas you can't master on your own, surround yourself with a team.

Teach the older men to be temperate, worthy of respect, self-controlled...likewise, teach the older women to be reverent in the way they live, not to be slanderers or addicted to much wine, but to teach what is good. Then they can urge the younger women to love their husbands and children, to be self-controlled... Similarly, encourage the young men to be self-controlled.

Titus 2:2-6

- Understand that self-control isn't a battle to be won as much as a gift to be received.

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.

Gal 5:22-23

Walk by the Spirit, and you will not gratify the desires of the flesh. Gal 5:16

For God gave us a spirit not of fear but of power and love and self-control. 2 Tim 1:7

Next Steps

Take some time to answer the following questions with your spouse, children, or small group...

- How did you spend the Memorial Day weekend?
- If you could have total self-control in any two areas of your life, what would those areas be? Explain why you want to have self-control in these two areas. How would your life be different if you had self-control in these areas?
- Tell about a time when the support of friends or family helped you maintain self-control in an area that was otherwise out of control.
- Read the last three verses in the above sermon notes. How does knowing that self-control is a gift of God's grace change the way you approach areas in your life where you lack self-control?
- Pray and ask God to help you with self-control.