

“Self-Control: Bridled Passions”

Galatians 5:16-25

Pastor Caleb Lenard

Introduction: What is Self-control?

- The Fruit of Self-control
 - Self-control is the exercise of inner strength under the direction of sound judgment that enables us to do, think, and say the things that are pleasing to God.
- Weeds
 - The *opposite* of self-control is being impulsive or uncontrolled, giving into sinful desires
 - *Counterfeit* self-control is a willpower that is based on pride, a need to feel in control
- Fertilizer
 - Contemplating our freedom in Christ from the shackles of self-indulgence.
 - Reminding ourselves that the will is strengthened by obedience and the habits of grace.

Why Do We Need It?

- Answer: our sin nature
 - What is sin?
 - any lack of conformity to the moral law of God. As sovereign and holy, God establishes the moral law as a reflection of his righteous nature, and sin is any violation of this law.

How Do We Get It?

- The Life of Christ (Matt 4:1-11)

- Understanding the backdrop: Jesus is the second Adam and true Israel
- Jesus’ success in fighting temptation qualifies him to be our redeemer and king
- The Life of Faith
 - Honoring God with our bodies
 - Gluttony
 - Laziness
 - Sexual immorality or impurity
 - Honoring God with our Thoughts
 - Refusing to admit sinful thought
 - Focusing our minds on that which is good and pleasing to God
 - Honoring God with our Emotions
 - Controlling anger, resentment, self-pity, and bitterness by keeping our eyes on Christ not on “the self”