

**NOT LIKE ME**  
*"Self-Control - A Life of Discipline"*  
**Galatians 5:22-23**

**INTRODUCTION:**

1. All of the Dimensions of the Fruit of the Spirit are capable of abuse.
  - a) Just like Spiritual Gifts can be abused.
  - b) **1 Corinthians 12:1-4**
  
2. Coach Bobby Night spoke on "Self-Control."
  - a) **"Self-Control/Self-Discipline is doing what you have to do, and doing it as Well as you can, and doing it that way all the time."**
  
3. Someone else defined it this way: **"A self-controlled person maintains progress towards a goal even when he or she is not in the mood; doesn't feel like making the effort; or would for the moment, enjoy doing something else."**
  
5. The Greek word for "self-control" is a compound word.
  - a) The first word "**En**" - which is a preposition meaning "in".
  - b) The second word "**kratos**" - means strength, power, might or rule.
  
6. Therefore a person with "**en-kratos**" is a person who has strength within.
  - a) Watch how the word Kratos has been used:
    - 1) Demo-kratos - **Democratic** = means People-power
    - 2) Theo-kratos - **Theocratic** = God-power
    - 3) Auto-kratos - **Autocratic** = Self power
  
7. **BIG QUESTION: "Who rules your life?"**
  
8. **The American Covenant - pg. 5**
  - a) **Self-Control or Self-Governing** is about governing our desires and impulses.
  
  - b) **Proverbs 25:28**
  
  - c) **Examples of Self-Government:**
    - 1) Our speech - **Proverbs 13:3**
    - 2) Our Reactions - **Proverbs 19:11**
    - 3) Our Time - **Ephesians 5:15-16**
    - 4) Our Money - **Proverbs 21:20**
    - 5) And our Bodies - **1 Thessalonians 4:4**
  
9. This dimension Self Control develops in our lives as we mature in our walk with Jesus.
  - a) **John 15:5**

10. **Galatians 5:19**

- a) *"Now the works of the flesh are evident..."*
- b) Cf. Vs 17
- c) Vs 19-21

11. **Romans 6:5-14**

12. **Galatians 5:22-23** begins with **LOVE** and ends with **SELF-CONTROL**.

## I. UNDERSTANDING THE WAR AHEAD

1. **Galatians 5:17**

2. You and I have a **FIGHT** on our hands!!

3. **Genesis 3:1-7**

4. The battle for a disciplined life goes all the way back to Eden.

- a) Eve was tempted and could NOT control her desires. The rest is History.
- b) **Romans 7:15; 19**

5. **2 Samuel 11:1-6**

6. **2 Samuel 12:1-14**

- a) *"When kings go out to battle."*

7. In the book "Temptation" by Daniel Akst he wrote this:

- a) *"Finding Self Control in an age of EXCESS, describes life in our modern western culture as a Giant "All - You - Can - Eat" Buffet!!! One that offers more calories, more Credit, more Sex, more "Intoxicants" and more of just about anything else you can think of that we can take to excess, more than at any other time in history."*

## II. THE POWER OF SELF-CONTROL

1. Self-Control is rarely fun in the moment, but the results are always worthwhile.

2. If a person fails to make the **RIGHT CHOICES**, then comes the discouragement, anger, and even making more wrong choices.

- a) However with Maturity should come increasing success in maintaining **SELF-CONTROL**.

3. An **April 2017 article in Christianity Today**, explains that research has shown that people with Self-Control experience the following:

- a) Live Longer
- b) Are Happier
- c) Do better in School
- d) Are less Depressed
- e) Are more Physically Active
- f) Have lower Heart Rates
- g) Have less alcohol Abuse
- h) Have more Stable Emotions
- i) Are more Helpful to Others
- j) Get Better Jobs
- k) Have Better Marriages and keep their Marriage Vows
- l) AND Sleep better at night!!

### III. PREPARING FOR BATTLE

#### A. MORE THAN GOOD INTENTIONS

1. It is so easy to think that wanting to do better is the same as doing better.
  - a) *"The road to Hell is paved with Good Intentions."*
2. Just because you are in the Word, doesn't mean the Word is in you!!!
3. *Proverbs 12:11; 28:19*

#### B. WINNING REQUIRES HARD WORK

##### 1. *1 Timothy 4:7-8*

- a) *"Exercise yourself"* - Gk. "gumnazo" = English "gymnastic"
  - 1) Means to exercise; to train not only the body but the mind.

##### b) *Hebrews 5:14*

- 1) Paul wanted his young protégé Timothy to put in the hard work necessary to be godly.

##### 2. *1 Corinthians 9:25-27*

##### 3. *Philippians 2:12-13*

- a) *"work out"* - has to do with producing results.

##### 4. *2 Peter 1:3-4*

### **C. LIFE IS A RACE**

1. *Philippians 4:13*
2. It is a Contradiction for a Christian to be out of Control.
  - a) Because it is Christ in us who gives us the ability.
3. *John 14:16-17*
4. *Proverbs 16:32*
5. Life is a RACE and Discipline/Self-Control is CRITICAL to winning.
6. *2 Peter 1:5-6*
7. **HERE'S A BIG QUESTION: "Do you want to win?"**
  - a) If yes!!! Then determine to feed your mind with TRUTH!!!

### **D. KNOW WHERE YOU ARE GOING**

1. "*Where are you going?*" Spiritually?
2. *James 4:14*
  - a) "*What is your life?*"
3. *Hebrews 12:1-2*
4. **THE GOAL:** "*Looking unto Jesus, the author and finisher of our faith*"