

Self-Control: Sweet Surrender

6/14/2020

1. **Love:** Unconditional/sacrificial concern/loyalty for the well-being of others.
2. **Joy:** Deep, internal godly gladness often externally expressed by rejoicing.
3. **Peace:** Absence of tension/conflict and deep assurance of God's presence.
4. **Patience:** Longsuffering within trials without complaining or getting angry.
5. **Kindness:** Compassion in action. Benevolent friendliness in words/deeds.
6. **Goodness:** Righteousness in action. Choosing and following moral good. It involves doing what is right and is a summation of His nature and character.
7. **Faithfulness:** Reliable, steadfast, unwavering, remaining true to God's Word and calling-- keeping promises and persevering in the midst of trials; can be trusted.
8. **Gentleness:** Calm and non-threatening; sensitivity and tenderness in how we treat others. Humility and thankfulness toward God, and polite, restrained behavior toward others. Meekness (not weakness)—strength under God's control.
9. **Self-Control:** Surrendering control of our lives to the Holy Spirit in order to overcome wrong desires and behaviors, being in the world not of the world. Getting the boat into the water without getting the water into the boat.

so-fro-ne-smo's [SO FRON NESE MAS] an admonishing or calling to soundness of mind, to moderation

so-fro-ne'-zo-- restore one to his senses

so'-fron-- curbing one's desires and impulses

Sozo-- to save, keep safe and sound, to rescue from danger or destruction

To resist extreme behavior and restore one to thinking straight and being sane by helping them to resist their desires and impulses in order to keep them safe and sound, rescuing them from danger.

I. Reasons for the lack of Self-control:

- 1) Satanic Involvement
- 2) Wrong attitudes and actions
- 3) Cultural influence
- 4) Communication failure
- 5) Laziness or self-centered values

II. Example of Daniel and Solomon

III. How do you rid yourself of the evil that is controlling you?

1. **Admit it**—"Do you want to get well?", Jesus asked. John 5:6
2. **Confess it**—"If we confess our sins, He is faithful and just, to forgive us our sins cleanse us from all unrighteousness." 1 Jn 1:9
3. **Replace it**—"Walk in the Spirit, and you will not fulfill the lust of the flesh."
Gal 5:16

IV. How to fully surrender to the Holy Spirit:

Scripture—"I have hidden your word in my heart that I may not sin..." Ps 119:11

Exercise—it relieves stress, worry & anxiety; develop a daily routine: (YMCA)

Limits: food, hobbies, computer/internet/media—use internet control software

Fellowship--join a small group Bible study-pray, sing, discuss, have fun, laugh...

Commit your life to Christ and walk by the Spirit instead of by the flesh

Obey His commandments; walk according to truth, not feelings (Jn 14:15)

Nurture your mind with the word of God morning, afternoon, and at night

Trust the Lord God to solve your problems; don't be discouraged and sin

Remove all distractions; flee from temptation; pursue good (2 Tim 2:22)

Open your heart about your struggle to someone you trust (James 5:16)

Learn to pray continually for self-discipline; sing to your God! (1 Thes. 5:17)

V. Applying the Truth:

1. What wrong desire or behavior do you find most difficult to avoid? How come?
2. From the above list on self-control, which ones are you succeeding at the most?
3. From the same list, which ones do you need the most help with? **Be honest.**
4. Which areas of your life is it hard to trust God with? Why do you think that is?
5. Spend time creating actions steps based on the suggestions above on S.C.
6. How did God's truth speak to you this morning from His Word to your heart?
7. What adjustments do you need to make in your life as a result of this truth?