

INTRODUCTION.

- A. Scripture text: **2Timothy 1:1-7**.
- B. This is the last in our series of lessons dealing with the attributes of the spiritual life. We bear fruit when living after the Spirit and not after the flesh, in Gal. 5:19-23.
- C. This morning the lesson is about exercising self-control.
- D. The apostle Paul preached self-control as part of the gospel message (Ac. 24:25).
And as he was discussing righteousness, self-control and the judgment to come, Felix became frightened and said, "Go away for the present, and when I find time, I will summon you."

I. SELF-CONTROL IS USED AS A KIND OF MOTIVATOR.

- A. The athlete who wants to win the corruptible crown will exercise self-control in all areas. We are to be living Xian lives to win an incorruptible crown (1Cor. 9:25).
And everyone who competes in the games exercises self-control in all things. They then do it to receive a perishable wreath, but we an imperishable.
- B. In 2Corinthians, Paul discusses of how the love of X is a factor of control and motivation. The love of X constraints us (leaves us no other choice) to do good (2Cor. 5:14).
For the love of Christ controls us, having concluded this, that one died for all, therefore all died;...

II. A LACK OF SELF-CONTROL.

- A. Five examples showing a lack of self-control:
 - 1. Noah unfortunately showed a lack of self-control (Gen. 9:21).
And he drank of the wine and became drunk, and uncovered himself inside his tent.
 - 2. About the drinker, the glutton, and drowsiness (Prov. 23:21).
For the heavy drinker and the glutton will come to poverty, And drowsiness will clothe a man with rags.
 - 3. Martha is easily distracted and confused (Lk. 10:38-42).
Now as they were traveling along, He entered a certain village; and a woman named Martha welcomed Him into her home. 39 And she had a sister called Mary, who moreover was listening to the Lord's word, seated at His feet. 40 But Martha was distracted with all her preparations; and she came up to Him, and said, "Lord, do You not care that my sister has left me to do all the serving alone? Then tell her to help me." 41 But the Lord answered and said to her, "Martha, Martha, you are worried and bothered about so many things; 42 but only a few things are necessary, really only one, for Mary has chosen the good part, which shall not be taken away from her."
 - 4. Men shall become treacherous and reckless (2Tim. 3:4c).
treacherous, reckless, conceited, lovers of pleasure rather than lovers of God;
 - 5. The lifestyle of the Pharisees shows a life of self-indulgence (Mt. 23:25).
"Woe to you, scribes and Pharisees, hypocrites! For you clean the outside of the cup and of the dish, but inside they are full of robbery and self-indulgence."
- B. When we think of the lives of the apostles we can find some self-control.
- C. Being a very disciplined person is showing great self-control.

III. SOME AREAS OF SELF-CONTROL.

- A. We must learn to show self-control in the area of life (Eccl. 2:11).
Thus I considered all my activities which my hands had done and the labor which I had exerted, and behold all was vanity and striving after wind and there was no profit under the sun.
- B. We must use discipline in the use of our time (Eph. 5:15-17).
Therefore be careful how you walk, not as unwise men, but as wise, [16] making the most of your time, because the days are evil. 17 So then do not be foolish, but understand what the will of the Lord is.
- C. Self-control is to be exercised in the husband/wife sexual arrangement (1Cor. 7:5).
Stop depriving one another, except by agreement for a time that you may devote yourselves to prayer, and come together again lest Satan tempt you because of your lack of self-control.

- D. One of the qualities needed to be a good leader is that of self-control (Ti. 1:7).
For the overseer must be above reproach as God's steward, not self-willed, not quick-tempered, not addicted to wine, not pugnacious, not fond of sordid gain,
- E. A big area of showing self-control and discipline in behalf of others is in the case of the weaker brother (Rom. 14:13-21).

IV. SELF-CONTROL AND THE LAW.

- A. A similar list of the attributes of the Spirit is found in 2Pet. 1. This list also includes self-control (see 2Pet. 1:5-11).
- B. Paul admonishes Timothy to have a life characterized by self-control (2Tim. 1:7).
For God has not given us a spirit of timidity, but of power and love and discipline.
- C. What did the apostle Paul mean in 5:23 when he said that "against such things there is no law"?
 - 1. The thought may have reference to 5:14, where Paul sums up the entire law, and shows it is fulfilled in the showing of love to others and self.
For the whole Law is fulfilled in one word, in the statement, "YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF."
 - 2. The thought may have reference to 5:18, where He said to live or follow the teachings of the Spirit, is not to be controlled by Law.
But if you are led by the Spirit, you are not under the Law.
 - 3. The thought may also have reference to 5:21, where Paul talks about the practice of sinful things and categorically says "and such things" meaning whatever else is listed in the law.
and things like these, of which I forewarn you just as I have forewarned you that those who practice such things shall not inherit the kingdom of God.
 - 4. The thought may also have reference to the penalty of law, saying that those who practice the fruit of the Spirit will not suffer the consequences of transgressing the law.

CONCLUSION AND INVITATION.

- A. This is the conclusion of the material on the fruit of the spirit.
- B. I trust this series of lessons has been of benefit to you.
- C. When one is in X, they will bear fruit (Jn. 15:5). Are you in X?
I am the vine, you are the branches; he who abides in Me and I in him, he bears much fruit, for apart from Me you can do nothing.
- D. Plan of salvation for non-Xians; erring Xians.