

Developing Spiritual Character Getting A Grip On Me 1 Corinthians 9:24-27

“In reading the lives of great men, I found that the first victory they won was over themselves. Self-discipline with all of them came first.” Harry Truman

Self-Control: A mastery of our lives. This includes a mastery of our words, actions, appetites, passions, time and money.

“All things are lawful for me,” but not all things are helpful. “All things are lawful for me,” but I will not be dominated by anything.”

(1 Corinthians 6:12)

Two Schools of Thought On How To Gain Self-Control

1. _____ will-power: “Self”
directed self-control

2. _____ will-power: “Spirit”
directed self-control

“Self-control is not control by oneself through one’s own will-power but rather control of oneself through the power of the Holy Spirit.” Jerry Bridges

“The key to gaining self-control is yielding control of self to the Holy Spirit.”

Rhonda H. Kelley

This Type of Self-Control Involves:

- _____ Jesus Christ as Lord and Savior

“In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit,” (Ephesians 1:13)

- _____ our relationship with Christ

“I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.” (John 15:5)

- _____ the heart issues, or root causes in our lives

“Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!” (Psalm 139:23–24)

Exercising Self-Control In Our Lives

1. It begins with _____

Discipline without vision soon becomes _____

If I lose my _____ then I lose my _____

2. It includes _____

A willingness to say _____ to a present pleasure in order to say _____ to a future reward

Discipline is choosing what you want most over what you want now.

3. It involves _____

- _____
- _____
- _____

“Self-discipline is the ability to make yourself to do something you don’t necessarily want to do, to get a result you would really like to have.” Andy Andrews

4. It demands the development of _____

You will never change your life until you change something you do _____

*“The problem is that most of us have uphill dreams and downhill habits.”
John Maxwell*

5. It is helped by _____ and _____

We were never intended to go it alone!

“Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up!” (Ecclesiastes 4:9-10)

6. It is an ongoing process immersed in _____

Forgiveness makes a _____ possible

Think _____ not perfection

Making It Personal:

- Have you surrendered your life to the Lordship of Jesus Christ and to the leadership and empowerment of the Holy Spirit?
- In what area(s) of your life do you most need to exercise self-control?
- What specific steps will you take in the next 30 days to help make that happen?