

SOP: Sustaining Self Control

What is it:

- **Self control—is not the same as willpower.** Willpower is the ability to resist short term temptations in order to achieve long term goals. Most of our attempts to change behavior depend on us having control over ourselves and our circumstances. (Sourced in my strength to keep an aspect of my life under my dominion)
- Will power is strength of soul and is a function of my flesh. My flesh is vulnerable to temptation. I cannot sustain obedience to God in strength of flesh/soul. (Galatians 5:17— For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please.) You are never free from this conflict. You will never overcome in strength of your flesh.
- To subject (bring into submission) my will and appetites for the sake of a greater love or higher goal
- It is the ability to exercise restraint and moderation in our life—including: thoughts, words, actions and desires.
- Comes from the Greek word: enkrateia=combination of enkrates: strong and masterful—and kratos :strength and power
- Self-discipline/self-control involves creating life patterns that correspond to obedience to the Holy Spirit.
- Self control—could also be called self-controlled—to always be living in light of the will of the Father—not allowing my desires/appetites to be led by anything other than the Holy Spirit.

What if self-control becomes the outcome of walking in the fear of the Lord?

What if self-control is a demonstration of walking in the Spirit in every area of our lives—body, soul, and spirit—rather than trying to restrain my appetites and desires?

How Did Jesus Model Self Control:

- He kept His appetites in submission to the will of the Father—only did what He saw the Father doing—only said what He heard the Father saying.
- **Self control implies that our soul remains under governance at all times and in all ways.**

Thoughts:

I Corinthians 2:7-16

Words:

James 3:2-9

John 12:49-50

Actions:

John 5:30

John 8:29

John 6:38

John 5:19-20

Desires:

John 5:19-20

- Appetite is to have a natural desire to satisfy a bodily need, especially for food. It is a strong desire or liking for something (craving, longing, yearning)—It is a desire for food usually triggered by seeing, smelling, or thinking about food.
- Definition of desire: epithumeo (Greek) is considered to be desire if properly aimed—and is translated 'lust'—if it is aimed at pleasing the flesh

How Do We Learn/Reflect this Fruit?

- Self-control partners/depends upon patience and the fear of the Lord
- What aspects of our lives have a tendency toward self-will/rule:
 - Our appetites: food, drink, sex, pleasures
 - The brains pleasure center is a collection of interconnected brain regions that process reward and motivate behaviors
- What does pleasure have to do with self-control
 - Must recognize what the difference is between fulness of joy and temporary pleasure

Jesus learned obedience in what He suffered

Our call: Matthew 16:24-If anyone wants to come after Me, he must deny himself, and take up his cross and follow Me.