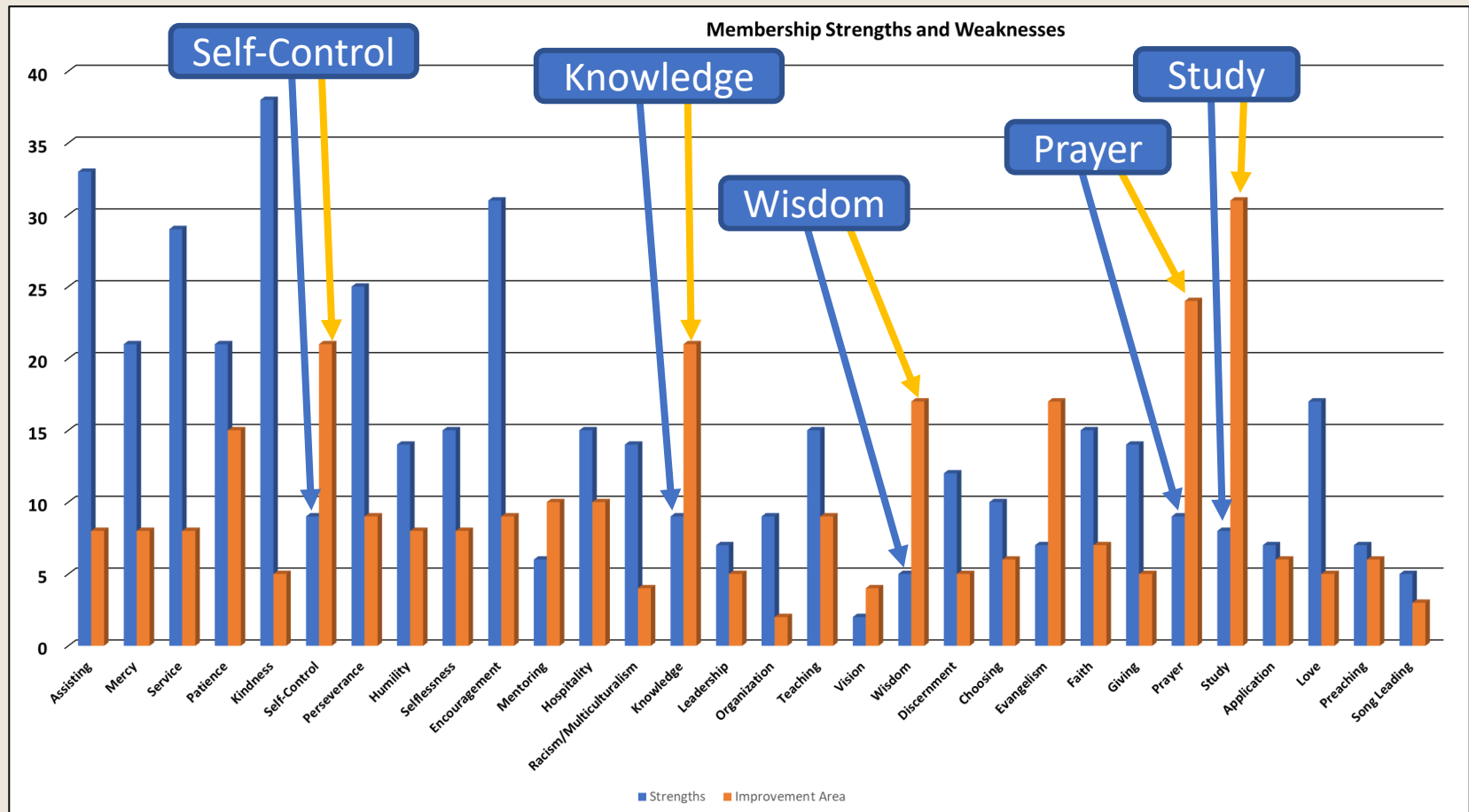


Practical Living

Tools for Life

Strengths & Improvement Areas

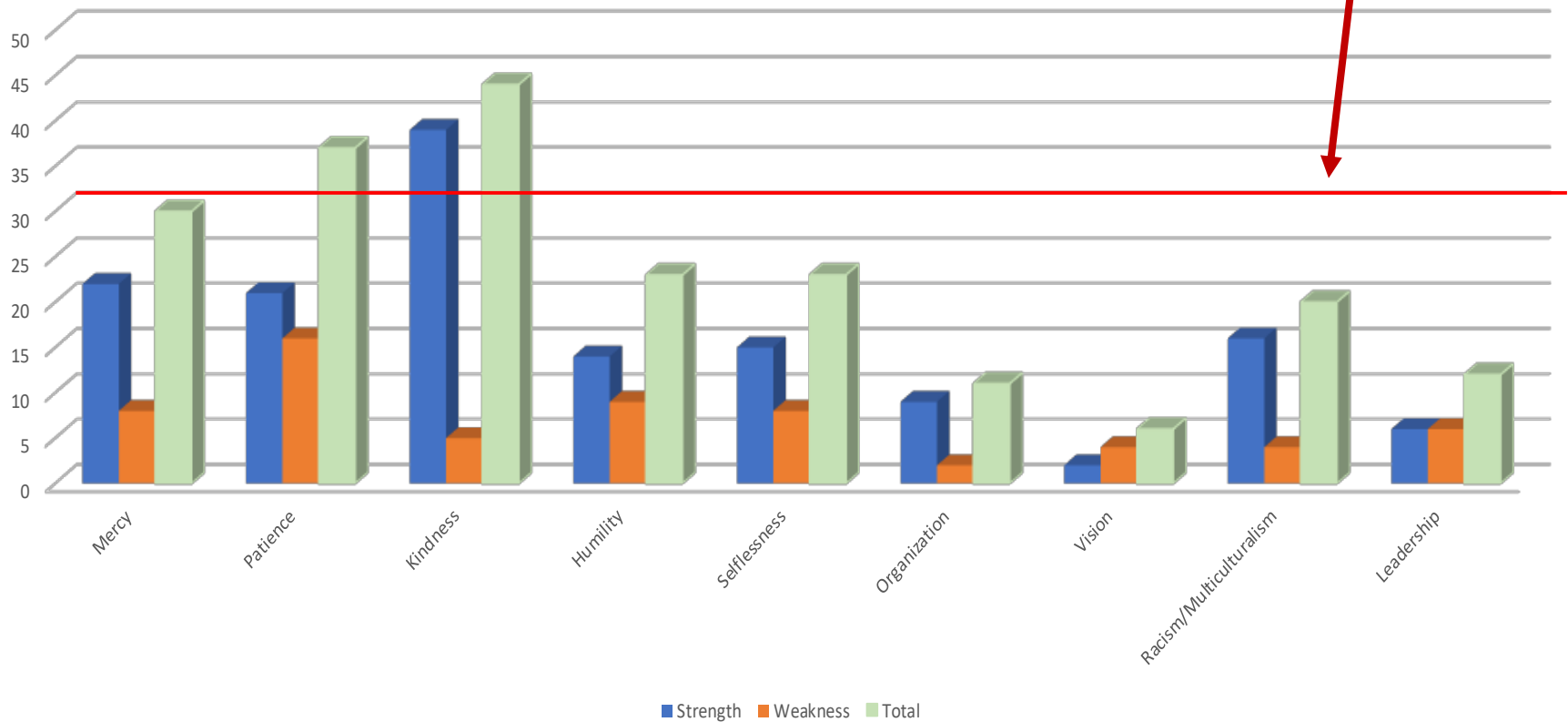


WE USED THE INFORMATION SUPPLIED BY THE CONGREGATION TO DECIDE WHAT TO FOCUS ON

Strengths & Weaknesses Attributes

Membership Strengths and Weaknesses - Attributes

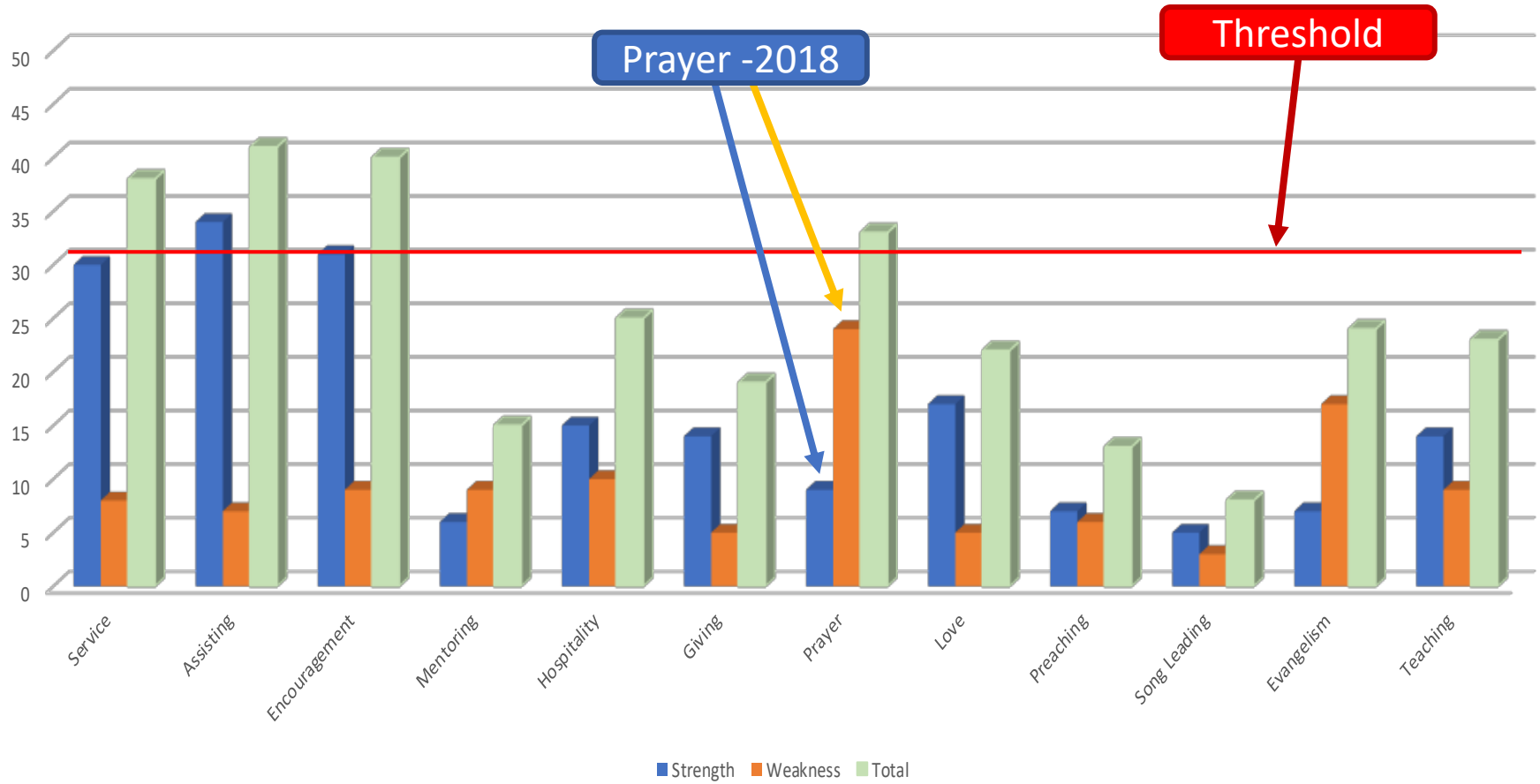
Threshold



GENERALLY THERE WERE FEWER NUMBERS OF THESE CATEGORIES CHOSEN AND STRENGTHS ARE GOOD IN THE AREA OF ATTRIBUTES

Strengths & Weaknesses Tasks

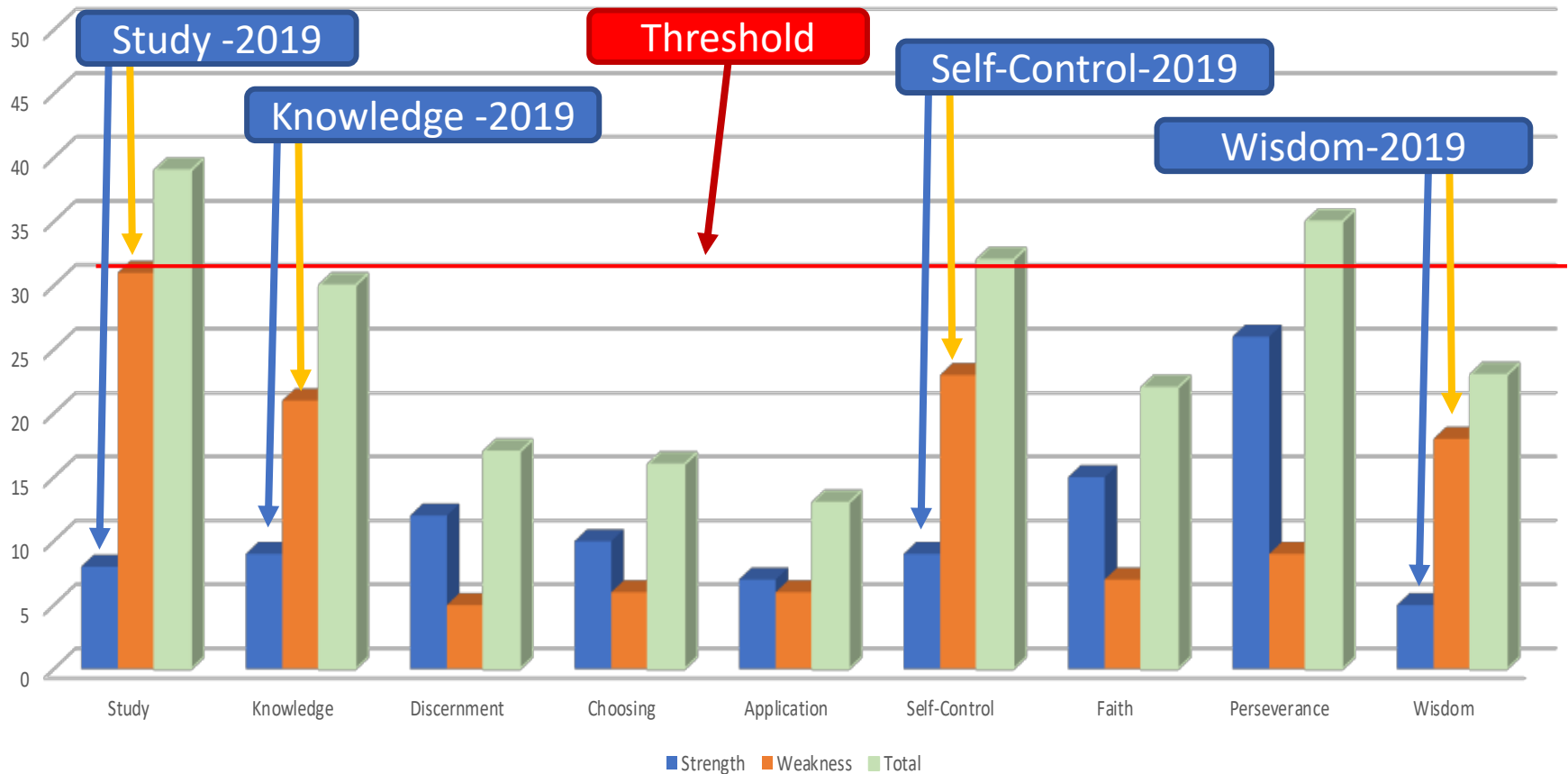
Membership Strengths and Weaknesses - Tasks



GENERALLY THERE WERE A FEW MORE OF THESE CATEGORIES CHOSEN
AND STRENGTHS ARE GOOD IN THE AREA OF TASKS

Strengths & Weaknesses Process Areas

Membership Strengths and Weaknesses - Process



GENERALLY THERE WERE A FEW MORE OF THESE CATEGORIES CHOSEN
AND STRENGTHS ARE NOT VERY GOOD IN THE AREA OF PROCESS

Practical Living



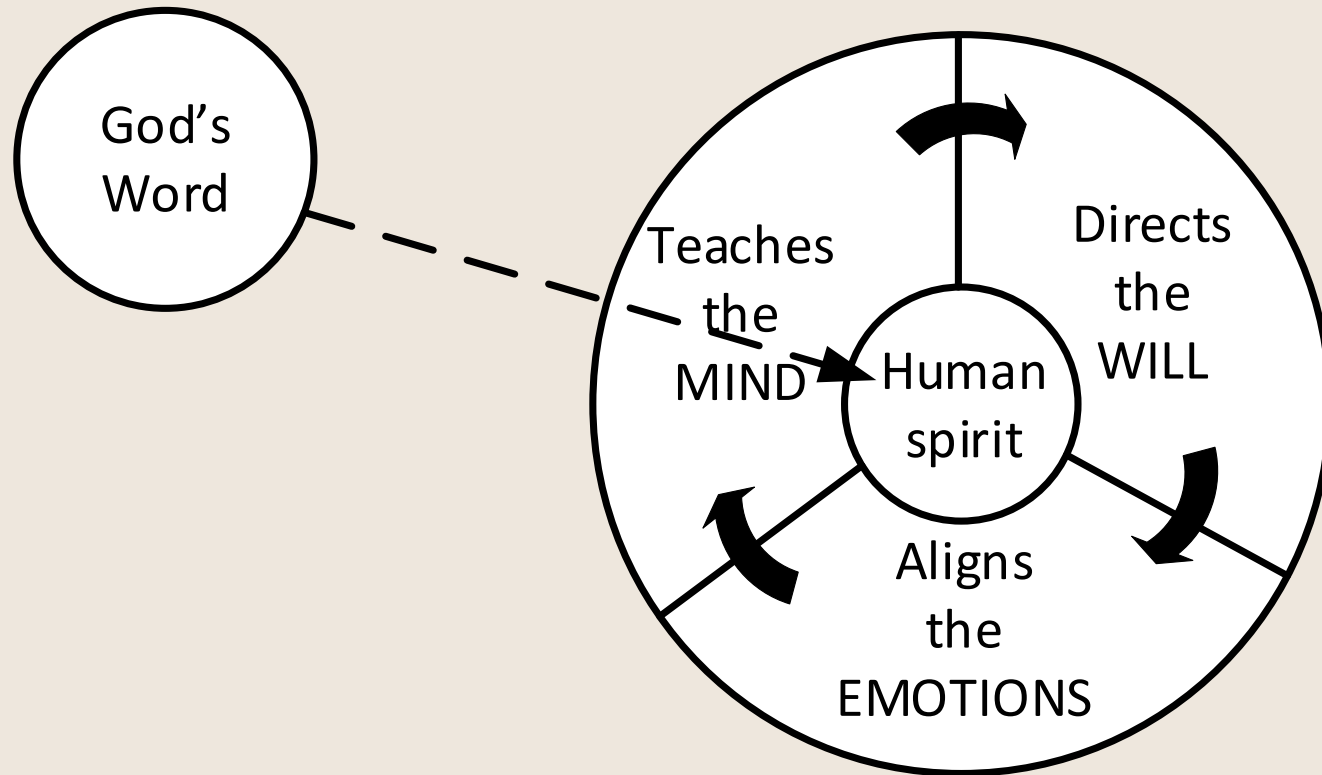
TEACHING CHRISTIANS GOD'S WORD ISSUE BY ISSUE IS NOT ALWAYS THE BEST WAY TO EQUIP A CHRISTIAN

A few things to do...

- Control our tongue (James 2:3-8)
- Love our enemy (Matthew 5:44)
- Study regularly (2 Timothy 2:15)
- Don't get angry (James 1:19)
- Be patient (James 5:7-11)
- Be merciful (Luke 6:36)
- Be gentle (2 Timothy 2:25)
- Endure persecution (Matthew 5:10)
- Don't sin (Romans 6:12)
- Endure insults (1 Peter 3:9)
- Love family (Ephesians 5:25-33)
- Love church (1 Peter 2:17)
- Don't hold grudges (Mark 11:25)
- Control our lusts (Romans 6:12)
- Control our eyes and feet (Matthew 18:8-9)
- Don't lie – tell the truth (1 John 1:6)
- Allow others to take advantage of us (Luke 6:29)
- Turn the other cheek (Matthew 5:39)
- Take the gospel to others (Matthew 28:18-20)
- Give to others (Acts 20:35)
- Be faithful (Revelation 2:10)
- Forgive others (Matthew 6:15)
- Be positive and Joyful (Philippians 4:4)
- Don't be anxious or worry (Matthew 6:28-34)
- Control our spending (1 Timothy 6:10)
- Give back to God (1 Corinthians 16:1-2)
- Don't be critical (James 5:9)
- Observe the Golden Rule (Matthew 7:12)
- Stay on the narrow road (Matthew 7:13-14)
- Produce fruit (John 15:8)
- Grow in knowledge and wisdom (Colossians 1:9)
- Raise children in the Lord (Ephesians 6:1-3)
- Put God first (Matthew 22:36-37)
- Put others above self (Philippians 2:3)
- Visit brethren (Matthew 25:31-40)
- Remain unstained from the world (James 1:27)
- Don't show favoritism (James 2:1-9)
- Think about God often (Colossians 3:1-2)
- Remember Jesus (2 Timothy 2:8)
- Don't be in the world (1 Corinthians 5:9-10)
- Be humble (1 Peter 5:6)
- Don't gossip (Titus 2:3)
- Put our cares on God (1 Peter 5:6-7)
- Be Sober and Sober Minded (1 Corinthians 15:33-34)
- Be Content (Hebrews 13:5)

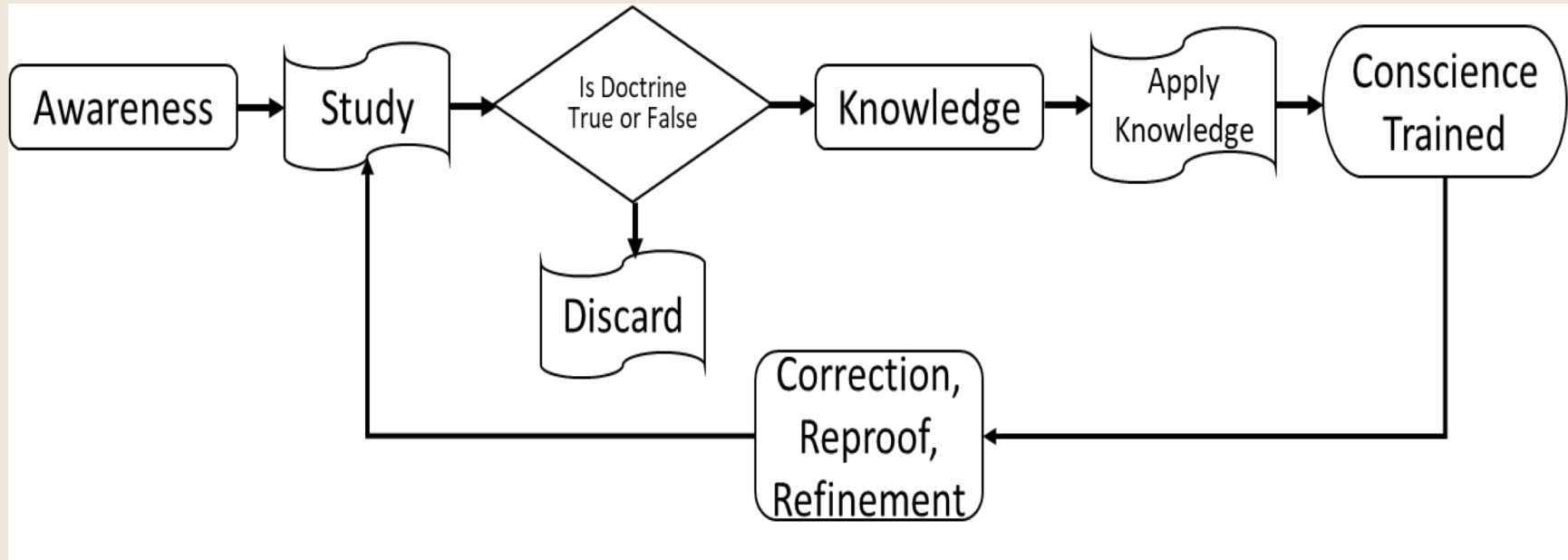
HERE IS A LIST OF SOME THINGS TO DO...
WHEN YOU GET DONE WITH THESE, THERE ARE 9 MORE PAGES OF THESE TO WORK ON!

Teaching Cycle Introduction



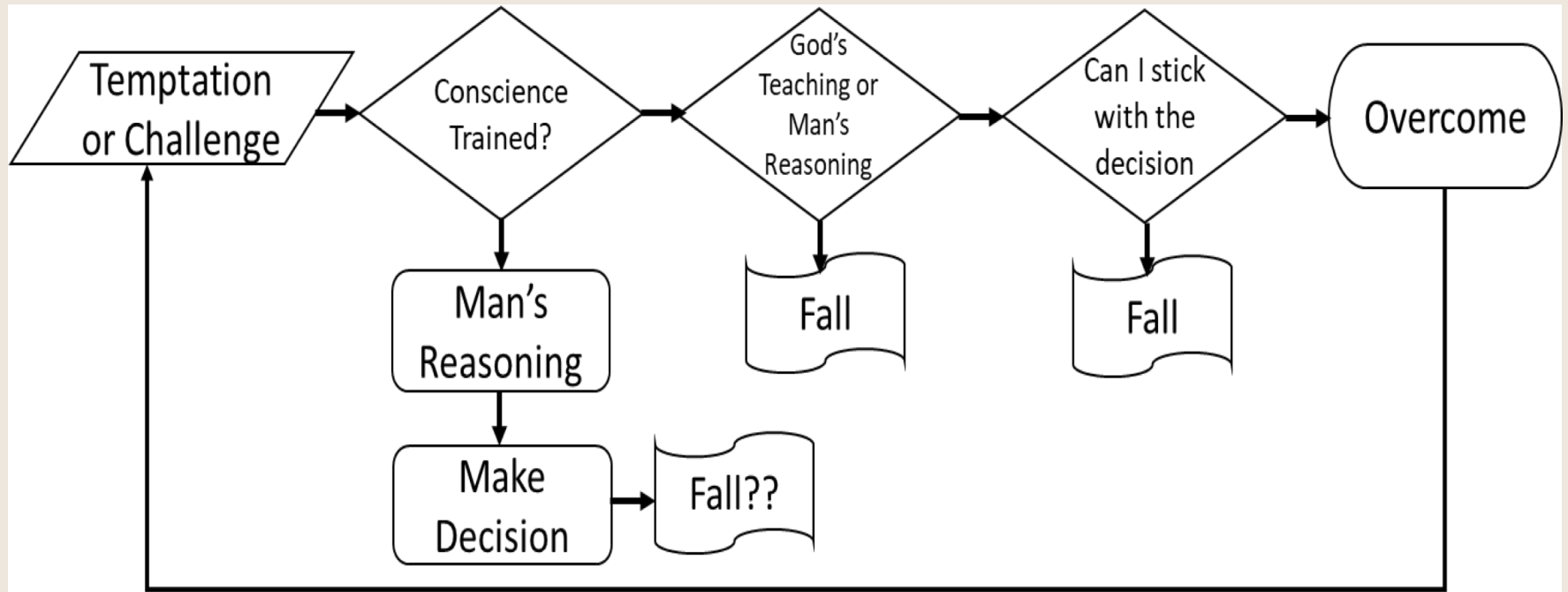
GOD'S PERPETUAL MOTION MACHINE TO TEACH AND SUSTAIN US

Teaching Cycle Process



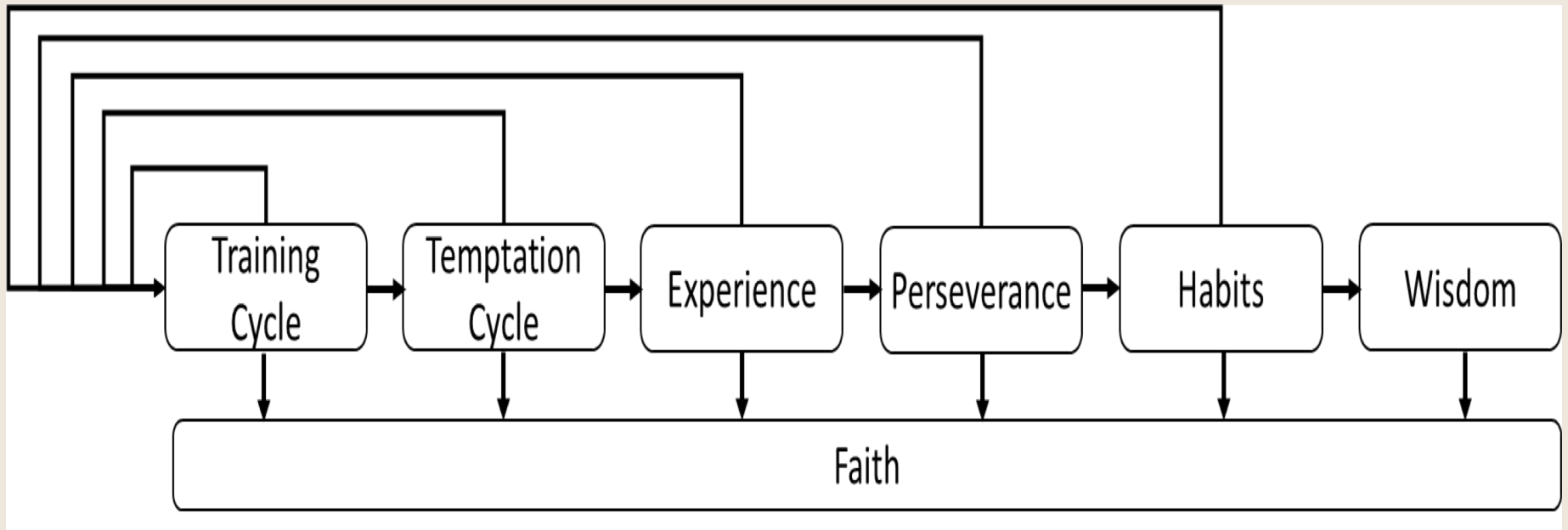
THE PROCESS FOR LEARNING GOD'S WORD AND APPLYING IT TO OUR LIVES
CONSTANT ADJUSTMENTS ARE MADE AND CONSTANT STUDY IS NEEDED

Temptation Cycle Process



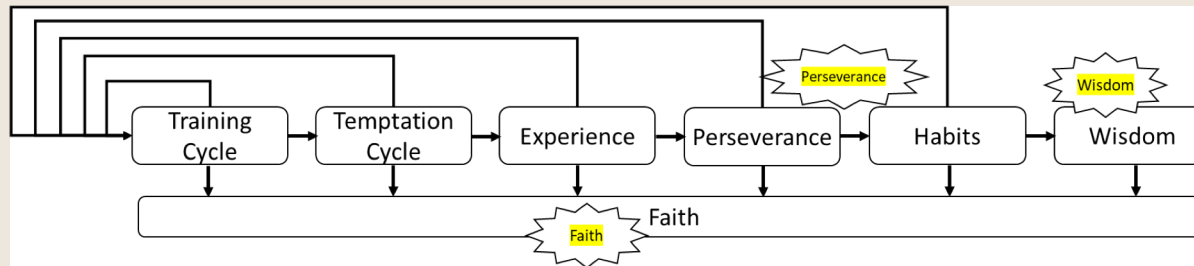
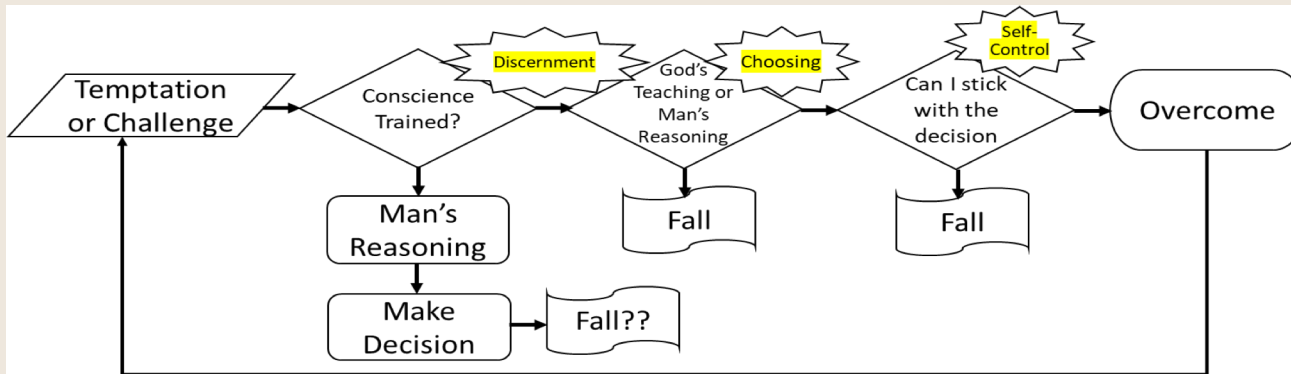
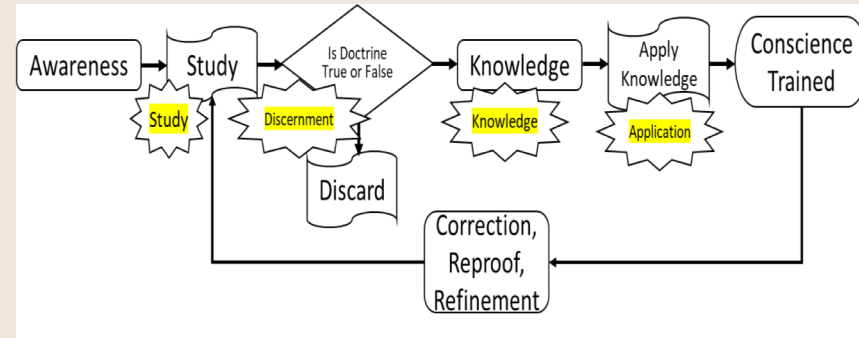
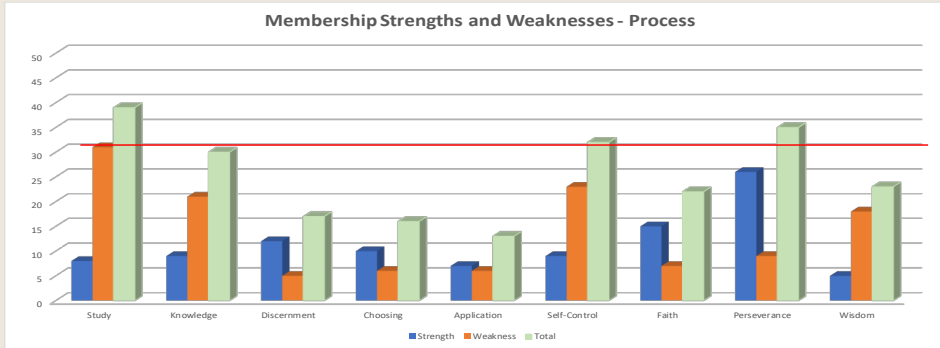
THE PROCESS OF BEING TEMPTED IS PART OF OUR GROWTH CYCLE
A PROPERLY TRAINED CONSCIENCE IS PARAMOUNT (previous chart)

Faith Cycle Process



THE PROCESS OF DEVELOPING FAITH IS PART OF OUR GROWTH CYCLE
THERE ARE VARIOUS TRAITS THAT WILL ALLOW US TO BE SUCCESSFUL (previous charts)

Mapping Process to Survey



THE THREE PROCESSES MAP VERY WELL TO THE SURVEY PROCESS SECTION

Practical Living Topics...


- The Conscience
- Decision Making
- Self-Control
- Habits
- Practical Topics

WE WILL COVER THE ABOVE TOPICS BUT WILL TRY TO PUT A LITTLE MORE EMPHASIS ON
SELF-CONTROL

Practical Living

Tools for Life – Review

Practical Living Topics...

- The Conscience 
- Decision Making
- Self-Control
- Habits
- Practical Topics (as chosen by students)

Do Questions Section 2B

WE WILL COVER THE ABOVE TOPICS BUT WILL TRY TO PUT A LITTLE MORE EMPHASIS ON
SELF-CONTROL

Practical Living

Tools for Life – the Conscience

Conscience Defined

Vine's Complete Expository Dictionary of Old and New Testament Words

CONSCIENCE

- *suneidesis* (συνείδησις, 4893), lit., “a knowing with” (*sun*, “with,” *oida*, “to know”), i.e., “a co-knowledge (with oneself), the witness borne to one’s conduct by conscience, that faculty by which we apprehend the will of God, as that which is designed to govern our lives”; hence (a) the sense of guiltiness before God; Heb. 10:2; (b) that process of thought which distinguishes what it considers morally good or bad, commending the good, condemning the bad, and so prompting to do the former, and avoid the latter; Rom. 2:15 (bearing witness with God’s law); 9:1; 2 Cor. 1:12; acting in a certain way because “conscience” requires it, Rom. 13:5; so as not to cause scruples of “conscience” in another, 1 Cor. 10:28–29; not calling a thing in question unnecessarily, as if conscience demanded it, 1 Cor. 10:25, 27; “commending oneself to every man’s conscience,” 2 Cor. 4:2; cf. 5:11. There may be a “conscience” not strong enough to distinguish clearly between the lawful and the unlawful, 1 Cor. 8:7, 10, 12 (some regard consciousness as the meaning here). The phrase “conscience toward God,” in 1 Pet. 2:19, signifies a “conscience” (or perhaps here, a consciousness) so controlled by the apprehension of God’s presence, that the person realizes that griefs are to be borne in accordance with His will. Heb. 9:9 teaches that sacrifices under the Law could not so perfect a person that he could regard himself as free from guilt.
- For various descriptions of “conscience” see Acts 23:1; 24:16; 1 Cor. 8:7; 1 Tim. 1:5, 19; 3:9; 4:2; 2 Tim. 1:3; Titus 1:15; Heb. 9:14; 10:22; 13:18; 1 Pet. 3:16, 21.

WE WILL FOLLOW VINE'S DEFINITIONS AND EXPLORE EVERY USAGE REFERENCED

Conscience

- Old Testament
 - Psalm 7:9
 - Psalm 17:7
 - Psalm 26:2
 - Psalm 49:11
 - Psalm 64:6
 - Proverbs 14:33
 - Proverbs 26:24
- Referred to as heart, mind, and inward thoughts

THERE IS NO WORD FOR CONSCIENCE IN THE OLD TESTAMENT – THE CONCEPT WAS FURTHER RECOGNIZED WITH THE GREEKS

Conscience

Acts 24:14-16

14 “But this I admit to you, that according to the Way which they call a sect I do serve the God of our fathers, believing everything that is in accordance with the Law and that is written in the Prophets;

15 having a hope in God, which these men cherish themselves, that there shall certainly be a resurrection of both the righteous and the wicked.

16 “In view of this, I also do my best to maintain always a blameless **conscience** both before God and before men.

1 Timothy 1:19

18 This command I entrust to you, Timothy, my son, in accordance with the prophecies previously made concerning you, that by them you fight the good fight,

19 keeping faith and a good **conscience**, which some have rejected and suffered shipwreck in regard to their faith.

Conscience

Hebrews 10:22

19 Therefore, brethren, since we have confidence to enter the holy place by the blood of Jesus,

20 by a new and living way which He inaugurated for us through the veil, that is, His flesh,

21 and since we have a great priest over the house of God,

22 let us draw near with a sincere heart in full assurance of faith, having our hearts sprinkled clean from an evil **conscience** and our bodies washed with pure water.

23 Let us hold fast the confession of our hope without wavering, for He who promised is faithful;

1 Timothy 1:5

5 But the goal of our instruction is love from a pure heart and a good **conscience** and a sincere faith.

OUR CONSCIENCE CAN BE EVIL AND IT CAN BE CLEANSSED FROM EVIL

Conscience

Hebrews 9:8-14

8 The Holy Spirit is signifying this, that the way into the holy place has not yet been disclosed while the outer tabernacle is still standing,

9 which is a symbol for the present time. Accordingly both gifts and sacrifices are offered which cannot make the worshiper perfect in **conscience**,

10 since they relate only to food and drink and various washings, regulations for the body imposed until a time of reformation.

11 But when Christ appeared as a high priest of the good things to come, He entered through the greater and more perfect tabernacle, not made with hands, that is to say, not of this creation;

12 and not through the blood of goats and calves, but through His own blood, He entered the holy place once for all, having obtained eternal redemption.

13 For if the blood of goats and bulls and the ashes of a heifer sprinkling those who have been defiled sanctify for the cleansing of the flesh,

14 how much more will the blood of Christ, who through the eternal Spirit offered Himself without blemish to God, cleanse your **conscience** from dead works to serve the living God?

OUR CONSCIENCE CAN BE EVIL AND IT CAN BE CLEANSED FROM EVIL

Conscience

Romans 9:1-3

- 1 I am telling the truth in Christ, I am not lying, my **conscience** testifies with me in the Holy Spirit,
- 2 that I have great sorrow and unceasing grief in my heart.
- 3 For I could wish that I myself were accursed, separated from Christ for the sake of my brethren, my kinsmen according to the flesh,

2 Corinthians 1:12

12 For our proud confidence is this: the testimony of our **conscience**, that in holiness and godly sincerity, not in fleshly wisdom but in the grace of God, we have conducted ourselves in the world, and especially toward you.

Conscience

Romans 2:6-16

6 who WILL RENDER TO EACH PERSON ACCORDING TO HIS DEEDS:

7 to those who by perseverance in doing good seek for glory and honor and immortality, eternal life;

8 but to those who are selfishly ambitious and do not obey the truth, but obey unrighteousness, wrath and indignation.

9 There will be tribulation and distress for every soul of man who does evil, of the Jew first and also of the Greek,

10 but glory and honor and peace to everyone who does good, to the Jew first and also to the Greek.

11 For there is no partiality with God.

12 For all who have sinned without the Law will also perish without the Law, and all who have sinned under the Law will be judged by the Law;

13 for it is not the hearers of the Law who are just before God, but the doers of the Law will be justified.

14 For when Gentiles who do not have the Law do instinctively the things of the Law, these, not having the Law, are a law to themselves,

15 in that they show the work of the Law written in their hearts, their **conscience** bearing witness and their thoughts alternately accusing or else defending them,

16 on the day when, according to my gospel, God will judge the secrets of men through Christ Jesus.

THE CONSCIENCE NOTIFIES US (AND GOD) THAT WE ARE DOING RIGHT OR WRONG

Conscience

Hebrews 10:1-2

1 For the Law, since it has only a shadow of the good things to come and not the very form of things, can never, by the same sacrifices which they offer continually year by year, make perfect those who draw near.

2 Otherwise, would they not have ceased to be offered, because the worshipers, having once been cleansed, would no longer have had **consciousness** of sins?

Conscience

Hebrews 13:15-19

15 Through Him then, let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that give thanks to His name.

16 And do not neglect doing good and sharing, for with such sacrifices God is pleased.

17 Obey your leaders and submit to them, for they keep watch over your souls as those who will give an account. Let them do this with joy and not with grief, for this would be unprofitable for you.

18 Pray for us, for we are sure that we have a good **conscience**, desiring to conduct ourselves honorably in all things.

19 And I urge you all the more to do this, so that I may be restored to you the sooner.

Conscience

1 Timothy 3:8-9

8 Deacons likewise must be men of dignity, not double-tongued, or addicted to much wine or fond of sordid gain,

9 but holding to the mystery of the faith with a clear **conscience**

2 Timothy 1:1-3

1 Paul, an apostle of Christ Jesus by the will of God, according to the promise of life in Christ Jesus,

2 To Timothy, my beloved son: Grace, mercy and peace from God the Father and Christ Jesus our Lord.

3 I thank God, whom I serve with a clear **conscience** the way my forefathers did, as I constantly remember you in my prayers night and day,

Conscience

1 Peter 2:18-20

18 Servants, be submissive to your masters with all respect, not only to those who are good and gentle, but also to those who are unreasonable.

19 For this finds favor, if for the sake of **conscience** toward God a person bears up under sorrows when suffering unjustly.

20 For what credit is there if, when you sin and are harshly treated, you endure it with patience? But if when you do what is right and suffer for it you patiently endure it, this finds favor with God.

Conscience

Romans 13:2-5

- 2 Therefore whoever resists authority has opposed the ordinance of God; and they who have opposed will receive condemnation upon themselves.
- 3 For rulers are not a cause of fear for good behavior, but for evil. Do you want to have no fear of authority? Do what is good and you will have praise from the same;
- 4 for it is a minister of God to you for good. But if you do what is evil, be afraid; for it does not bear the sword for nothing; for it is a minister of God, an avenger who brings wrath on the one who practices evil.
- 5 Therefore it is necessary to be in subjection, not only because of wrath, but also for **conscience'** sake.

Conscience

1 Peter 3:13-21

13 Who is there to harm you if you prove zealous for what is good?

14 But even if you should suffer for the sake of righteousness, you are blessed. AND DO NOT FEAR THEIR INTIMIDATION, AND DO NOT BE TROUBLED,

15 but sanctify Christ as Lord in your hearts, always being ready to make a defense to everyone who asks you to give an account for the hope that is in you, yet with gentleness and reverence;

16 and keep a good **conscience** so that in the thing in which you are slandered, those who revile your good behavior in Christ will be put to shame.

17 For it is better, if God should will it so, that you suffer for doing what is right rather than for doing what is wrong.

18 For Christ also died for sins once for all, the just for the unjust, so that He might bring us to God, having been put to death in the flesh, but made alive in the spirit;

19 in which also He went and made proclamation to the spirits now in prison,

20 who once were disobedient, when the patience of God kept waiting in the days of Noah, during the construction of the ark, in which a few, that is, eight persons, were brought safely through the water.

21 Corresponding to that, baptism now saves you—not the removal of dirt from the flesh, but an appeal to God for a good **conscience**—through the resurrection of Jesus Christ,

GOD SEES OUR CONSCIENCE EVEN WHEN OTHERS DON'T OR WHEN THEY TRY TO SLANDER US

Conscience

Hebrews 9:9, 14

9 which is a symbol for the present time. Accordingly both gifts and sacrifices are offered which cannot make the worshiper perfect in **conscience**,

14 how much more will the blood of Christ, who through the eternal Spirit offered Himself without blemish to God, cleanse your **conscience** from dead works to serve the living God?

GOD SEES OUR CONSCIENCE EVEN WHEN OTHERS DON'T OR WHEN THEY TRY TO SLANDER
US

Conscience

2 Corinthians 4:1-2

- 1 Therefore, since we have this ministry, as we received mercy, we do not lose heart,
- 2 but we have renounced the things hidden because of shame, not walking in craftiness or adulterating the word of God, but by the manifestation of truth commending ourselves to every man's **conscience** in the sight of God.

2 Corinthians 5:9-12

- 9 Therefore we also have as our ambition, whether at home or absent, to be pleasing to Him.
- 10 For we must all appear before the judgment seat of Christ, so that each one may be recompensed for his deeds in the body, according to what he has done, whether good or bad.
- 11 Therefore, knowing the fear of the Lord, we persuade men, but we are made manifest to God; and I hope that we are made manifest also in your **consciences**.
- 12 We are not again commending ourselves to you but are giving you an occasion to be proud of us, so that you will have an answer for those who take pride in appearance and not in heart.

Conscience

Acts 23:1

1 Paul, looking intently at the Council, said, “Brethren, I have lived my life with a perfectly good conscience before God up to this day.”

1 Timothy 1:13

12 I thank Christ Jesus our Lord, who has strengthened me, because He considered me faithful, putting me into service,

13 even though I was formerly a blasphemer and a persecutor and a violent aggressor. Yet I was shown mercy because I acted ignorantly in unbelief;

14 and the grace of our Lord was more than abundant, with the faith and love which are found in Christ Jesus.

Conscience

1 Corinthians 8:1-13

- 1 Now concerning things sacrificed to idols, we know that we all have knowledge. Knowledge makes arrogant, but love edifies.
- 2 If anyone supposes that he knows anything, he has not yet known as he ought to know;
- 3 but if anyone loves God, he is known by Him.
- 4 Therefore concerning the eating of things sacrificed to idols, we know that there is no such thing as an idol in the world, and that there is no God but one.
- 5 For even if there are so-called gods whether in heaven or on earth, as indeed there are many gods and many lords,
- 6 yet for us there is but one God, the Father, from whom are all things and we exist for Him; and one Lord, Jesus Christ, by whom are all things, and we exist through Him.
- 7 However not all men have this knowledge; but some, being accustomed to the idol until now, eat food as if it were sacrificed to an idol; and their **conscience** being weak is defiled.

Conscience

1 Corinthians 8:1-13 (continued)

8 But food will not commend us to God; we are neither the worse if we do not eat, nor the better if we do eat.

9 But take care that this liberty of yours does not somehow become a stumbling block to the weak.

10 For if someone sees you, who have knowledge, dining in an idol's temple, will not his **conscience**, if he is weak, be strengthened to eat things sacrificed to idols?

11 For through your knowledge he who is weak is ruined, the brother for whose sake Christ died.

12 And so, by sinning against the brethren and wounding their **conscience** when it is weak, you sin against Christ.

13 Therefore, if food causes my brother to stumble, I will never eat meat again, so that I will not cause my brother to stumble.

Conscience

1 Timothy 4:2

- 1 But the Spirit explicitly says that in later times some will fall away from the faith, paying attention to deceitful spirits and doctrines of demons,
- 2 by means of the hypocrisy of liars seared in their own **conscience** as with a branding iron,

Titus 1:15

- 15 To the pure, all things are pure; but to those who are defiled and unbelieving, nothing is pure, but both their mind and their **conscience** are defiled.

Conscience Summary

- The following was taught about the conscience from the scriptures:
 - The conscience is our inner thoughts, our minds, and our hearts
 - Our conscience is to be blameless, pure, and clean
 - The conscience needs to be taught
 - The conscience tells us what is right and what is wrong
 - The conscience can be evil
 - The conscience can be cleansed from evil
 - The conscience tells us when we are doing right and when we are doing wrong
 - We should want to have a good conscience
 - The pursuit of a clear conscience guides us to do right things
 - God sees our conscience even if men do not
 - We are to work to keep our conscience clear before God
 - We must remain true to our conscience
 - Our conscience is not the same as our thoughts and minds
 - The conscience carries the awareness and guilt of past sins (unless cleansed)
 - Our conscience can be wrong
 - It is sinful to violate our conscience or to cause someone else to violate theirs
 - Our conscience can be seared and defiled making it act improperly

THE NEW TESTAMENT HAS A LOT TO SAY ABOUT THE CONSCIENCE AND ITS ROLE

Matters of Conscience

Romans 14:1 – 15:3

- 1 Now accept the one who is weak in faith, but not for the purpose of passing judgment on his **opinions**.
- 2 One person has faith that he may eat all things, but he who is weak eats vegetables only.
- 3 The one who eats is not to regard with contempt the one who does not eat, and the one who does not eat is not to judge the one who eats, for God has accepted him.
- 4 Who are you to judge the servant of another? To his own master he stands or falls; and he will stand, for the Lord is able to make him stand.

Matters of Conscience

Romans 14:1 – 15:3

5 One person regards one day above another, another regards every day alike. Each person must be fully convinced in his own mind.

6 He who observes the day, observes it for the Lord, and he who eats, does so for the Lord, for he gives thanks to God; and he who eats not, for the Lord he does not eat, and gives thanks to God.

7 For not one of us lives for himself, and not one dies for himself;

8 for if we live, we live for the Lord, or if we die, we die for the Lord; therefore whether we live or die, we are the Lord's.

9 For to this end Christ died and lived again, that He might be Lord both of the dead and of the living.

10 But you, why do you judge your brother? Or you again, why do you regard your brother with contempt? For we will all stand before the judgment seat of God.

11 For it is written,

“AS I LIVE, SAYS THE LORD, EVERY KNEE SHALL BOW TO ME,
AND EVERY TONGUE SHALL GIVE PRAISE TO GOD.”

Matters of Conscience

Romans 14:1 – 15:3

- 12 So then each one of us will give an account of himself to God.
- 13 Therefore let us not judge one another anymore, but rather determine this—not to put an obstacle or a stumbling block in a brother's way.
- 14 I know and am convinced in the Lord Jesus that nothing is unclean in itself; but to him who thinks anything to be unclean, to him it is unclean.
- 15 For if because of food your brother is hurt, you are no longer walking according to love. Do not destroy with your food him for whom Christ died.

Matters of Conscience

Romans 14:1 – 15:3

16 Therefore do not let what is for you a good thing be spoken of as evil;

17 for the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit.

18 For he who in this way serves Christ is acceptable to God and approved by men.

19 So then we pursue the things which make for peace and the building up of one another.

20 Do not tear down the work of God for the sake of food. All things indeed are clean, but they are evil for the man who eats and gives offense.

21 It is good not to eat meat or to drink wine, or to do anything by which your brother stumbles.

22 The faith which you have, have as your own conviction before God. Happy is he who does not condemn himself in what he approves.

23 But he who doubts is condemned if he eats, because his eating is not from faith; and whatever is not from faith is sin.

1 Now we who are strong ought to bear the weaknesses of those without strength and not just please ourselves.

2 Each of us is to please his neighbor for his good, to his edification.

3 For even Christ did not please Himself; but as it is written, "THE REPROACHES OF THOSE WHO REPROACHED YOU FELL ON ME."

Matters of Conscience

1 Corinthians 8:10-13

10 For if someone sees you, who have knowledge, dining in an idol's temple, will not his **conscience**, if he is weak, be strengthened to eat things sacrificed to idols?

11 For through your knowledge he who is weak is ruined, the brother for whose sake Christ died.

12 And so, by sinning against the brethren and wounding their **conscience** when it is weak, you sin against Christ.

13 Therefore, if food causes my brother to stumble, I will never eat meat again, so that I will not cause my brother to stumble.

Matters of Conscience

1 Corinthians 10:27-29

27 If one of the unbelievers invites you and you want to go, eat anything that is set before you without asking questions for **conscience'** sake.


28 But if anyone says to you, "This is meat sacrificed to idols," do not eat it, for the sake of the one who informed you, and for **conscience'** sake;

29 I mean not your own **conscience**, but the other man's; for why is my freedom judged by another's **conscience**?

Practical Living

Tools for Life – Review

Practical Living Topics...

- The Conscience
- Decision Making 
- Self-Control
- Habits
- Practical Topics (as chosen by students)

Do Questions Section 3B

WE WILL COVER THE ABOVE TOPICS BUT WILL TRY TO PUT A LITTLE MORE EMPHASIS ON
SELF-CONTROL

Practical Living

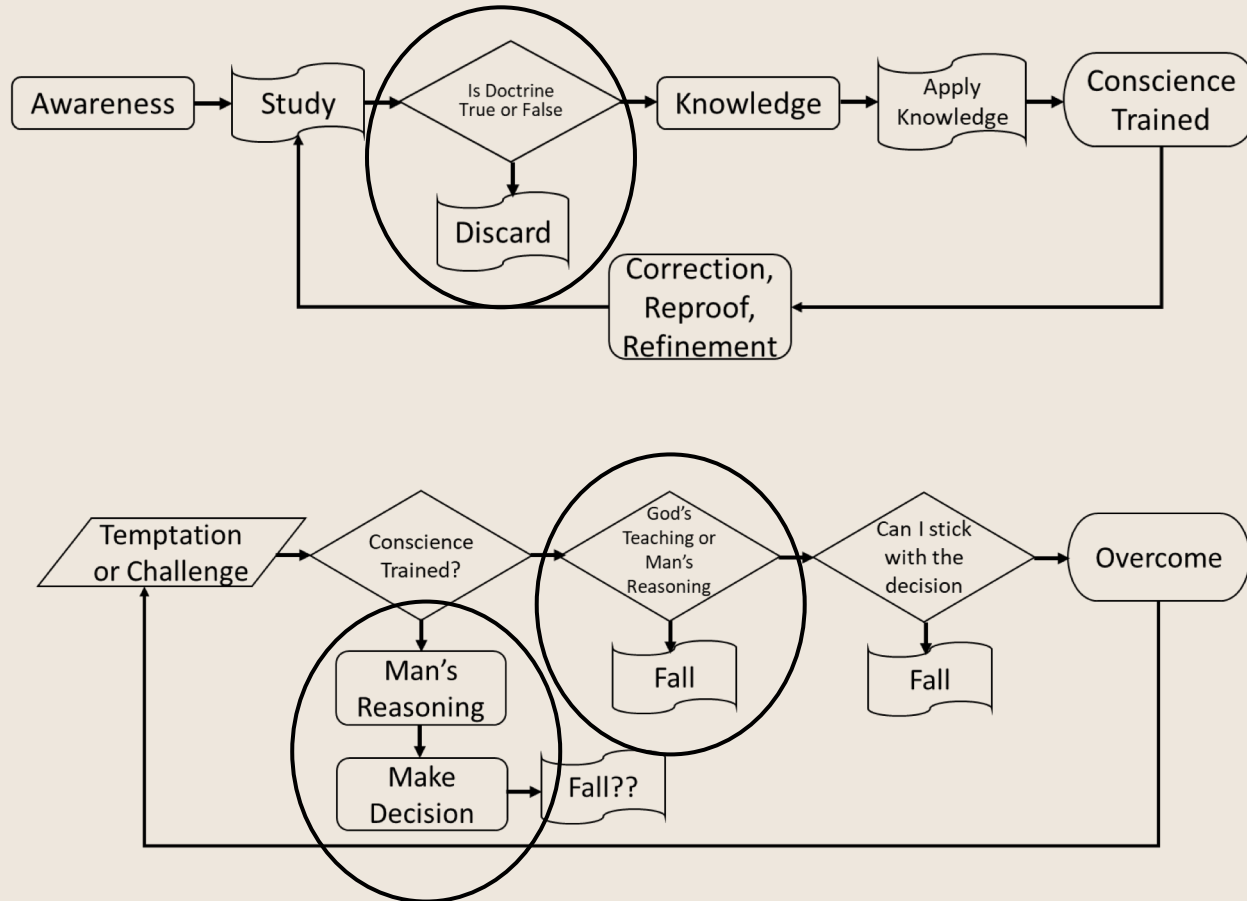
Tools for Life – Decision Making

Decision Making Process



IS THIS THE OUTCOME OF YOUR DECISION MAKING PROCESS?

Decision Making Process



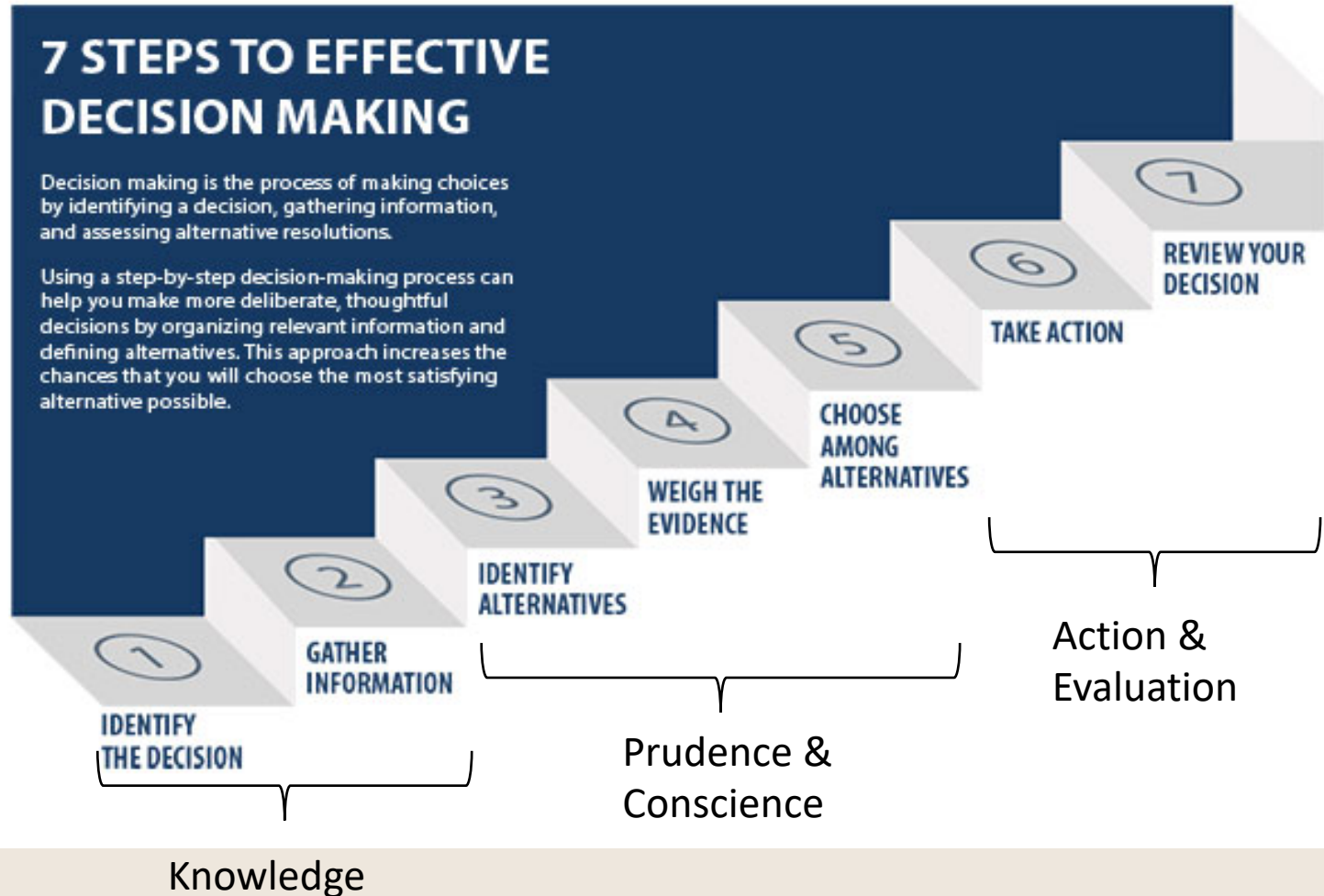
WE LOOKED AT THE STUDY CYCLE AND TEMPTATION CYCLE AND SAW DECISION MAKING IN BOTH CYCLES

Decision Making Process

7 STEPS TO EFFECTIVE DECISION MAKING

Decision making is the process of making choices by identifying a decision, gathering information, and assessing alternative resolutions.

Using a step-by-step decision-making process can help you make more deliberate, thoughtful decisions by organizing relevant information and defining alternatives. This approach increases the chances that you will choose the most satisfying alternative possible.



FOLLOWING A DEFINED PROCESS WILL HELP MAKE MORE CONSISTENT DECISIONS

Prudence Defined

Vine's Complete Expository Dictionary of Old and New Testament Words

PRUDENCE, PRUDENT

A. Nouns.

1. *phronesis* (φρόνησις, 5428), akin to *phroneo*, “to have understanding” (*phren*, “the mind”), denotes “practical wisdom, prudence in the management of affairs.” It is translated “wisdom” in Luke 1:17; “prudence” in Eph. 1:8. See WISDOM.
2. *sunesis* (σύνεσις, 4907), “understanding,” is rendered “prudence” in 1 Cor. 1:19, RV (KJV, “understanding”); it suggests quickness of apprehension, the penetrating consideration which precedes action. Cf. B, in the same verse. See KNOWLEDGE, UNDERSTANDING.

B. Adjective.

sunetos (συνετός, 4908) signifies “intelligent, sagacious, understanding” (akin to *sunemi*, “to perceive”), translated “prudent” in Matt. 11:25, KJV (RV, “understanding”); Luke 10:21 (ditto); Acts 13:7, RV, “(a man) of understanding”; in 1 Cor. 1:19, “prudent,” RV and KJV. Cf. *asunetos*, “without understanding.”

Prudence Defined

Dictionary of Bible Themes: The Accessible and Comprehensive Tool for Topical Studies

PRUDENCE

5922

Careful, wise discernment; the avoidance of rash behavior or speech; the good management of talents and resources and the showing of tact and wisdom in relationships with other people.

Discreet or Discretion Defined

Vine's Complete Expository Dictionary of Old and New Testament Words

DISCREET, DISCREETLY

A. Adjective.

sophron (σώφρων, 4998), “of sound mind self-controlled” (for the derivation, see DISCIPLINE), is translated “sober-minded,” in its four occurrences in the RV, 1 Tim. 3:2 (KJV, “sober”); Titus 1:8 (KJV, “ditto”); 2:2 (KJV, “temperate”); 2:5 (KJV, “discreet”). See SOBER, TEMPERATE.

B. Adverb.

nounechos (νουνεχώς, 3562), lit., “mindpossessing” (*nous*, “mind, understanding,” *echo*, “to have”), hence denotes “discreetly, sensibly prudently.” Mark 12:34.

Prudence & Discretion

Proverbs 8:1-13

1 Does not wisdom call,
And understanding lift up her voice?
2 On top of the heights beside the way,
Where the paths meet, she takes her stand;
3 Beside the gates, at the opening to the city,
At the entrance of the doors, she cries out:
4 “To you, O men, I call,
And my voice is to the sons of men.
5 “O naive ones, understand **prudence**;
And, O fools, understand wisdom.
6 “Listen, for I will speak noble things;
And the opening of my lips *will reveal right things*.
7 “For my mouth will utter truth;
And wickedness is an abomination to my lips.

8 “All the utterances of my mouth are in
righteousness;
There is nothing crooked or perverted in them.
9 “They are all straightforward to him who
understands,
And right to those who find knowledge.
10 “Take my instruction and not silver,
And knowledge rather than choicest gold.
11 “For wisdom is better than jewels;
And all desirable things cannot compare with her.
12 “I, wisdom, dwell with **prudence**,
And I find knowledge *and discretion*.
13 “The fear of the Lord is to hate evil;
Pride and arrogance and the evil way
And the perverted mouth, I hate.

THERE IS A LINK BETWEEN PRUDENCE AND WISDOM

Prudence & Discretion

Proverbs 1:1-7

- 1 The proverbs of Solomon the son of David, king of Israel:
- 2 To know wisdom and instruction,
To discern the sayings of understanding,
- 3 To receive instruction in wise behavior,
Righteousness, justice and equity;
- 4 To give **prudence** to the naive,
To the youth knowledge and discretion,
- 5 A wise man will hear and increase in learning,
And a man of understanding will acquire wise counsel,
- 6 To understand a proverb and a figure,
The words of the wise and their riddles.
- 7 The fear of the Lord is the beginning of knowledge;
Fools despise wisdom and instruction.

THERE IS A LINK BETWEEN PRUDENCE AND WISDOM

Prudence & Discretion

Proverbs 14:15-16

15 The naive believes everything,
But the **sensible** man considers his steps.

16 A wise man is cautious and turns away from evil,
But a fool is arrogant and careless.

Proverbs 12:16

16 A fool's anger is known at once,
But a **prudent** man conceals dishonor.

Proverbs 14:8

8 The wisdom of the **sensible** is to understand his way,
But the foolishness of fools is deceit.

Proverbs 17:28

28 Even a fool, when he keeps silent, is considered wise;
When he closes his lips, he is *considered* **prudent**.

Prudence & Discretion

Proverbs 2:9-12

9 Then you will **discern** righteousness and justice

And equity *and* every good course.

10 For wisdom will enter your heart

And knowledge will be pleasant to your soul;

11 **Discretion** will guard you,

Understanding will watch over you,

12 To deliver you from the way of evil,

From the man who speaks perverse things;

Jeremiah 49:7

7 Concerning Edom.

Thus says the LORD of hosts,

“Is there no longer any wisdom in Teman?

Has good counsel been lost to the **prudent**?

Has their wisdom decayed?

Prudence & Discretion

Luke 14:27-32

27 “Whoever does not carry his own cross and come after Me cannot be My disciple.

28 “For which one of you, when he wants to build a tower, does not first sit down and calculate the cost to see if he has enough to complete it?

29 “Otherwise, when he has laid a foundation and is not able to finish, all who observe it begin to ridicule him,

30 saying, ‘This man began to build and was not able to finish.’

31 “Or what king, when he sets out to meet another king in battle, will not first sit down and consider whether he is strong enough with ten thousand *men* to encounter the one coming against him with twenty thousand?

32 “Or else, while the other is still far away, he sends a delegation and asks for terms of peace.

Prudence & Discretion

Proverbs 22:3

3 The **prudent** sees the evil and hides himself,
But the naive go on, and are punished for it.

Proverbs 27:12

12 A **prudent** man sees evil *and* hides himself,
The naive proceed *and* pay the penalty.

Proverbs 23:1-3

1 When you sit down to dine with a ruler,
Consider carefully what is before you,
2 And put a knife to your throat
If you are a man of *great* appetite.
3 Do not desire his delicacies,
For it is deceptive food.

Prudence & Discretion

Amos 5:12-13

12 For I know your transgressions are many and your sins are great,
You who distress the righteous *and* accept bribes
And turn aside the poor in the gate.

13 Therefore at such a time the **prudent** person keeps silent, for it is an evil time.

Prudence & Discretion

Matthew 25:1-13

- 1 “Then the kingdom of heaven will be comparable to ten virgins, who took their lamps and went out to meet the bridegroom.
- 2 “Five of them were foolish, and five were **prudent**.
- 3 “For when the foolish took their lamps, they took no oil with them,
- 4 but the **prudent** took oil in flasks along with their lamps.
- 5 “Now while the bridegroom was delaying, they all got drowsy and *began* to sleep.
- 6 “But at midnight there was a shout, ‘Behold, the bridegroom! Come out to meet *him*.’
- 7 “Then all those virgins rose and trimmed their lamps.
- 8 “The foolish said to the **prudent**, ‘Give us some of your oil, for our lamps are going out.’
- 9 “But the **prudent** answered, ‘No, there will not be enough for us and you *too*; go instead to the dealers and buy *some* for yourselves.’
- 10 “And while they were going away to make the purchase, the bridegroom came, and those who were ready went in with him to the wedding feast; and the door was shut.
- 11 “Later the other virgins also came, saying, ‘Lord, lord, open up for us.’
- 12 “But he answered, ‘Truly I say to you, I do not know you.’
- 13 “Be on the alert then, for you do not know the day nor the hour.

FORESIGHT AND CAUTION AND CAREFUL EVALUATION ARE PART OF PRUDENCE

Prudence & Discretion

Proverbs 12:23

23 A **prudent** man conceals knowledge,
But the heart of fools proclaims folly.

Proverbs 13:16

16 Every **prudent** man acts with knowledge,
But a fool displays folly.

Proverbs 14:18

18 The naive inherit foolishness,
But the **sensible** are crowned with knowledge.

Matthew 7:6

6 “Do not give what is holy to dogs, and do not throw your pearls before swine, or they will trample them under their feet, and turn and tear you to pieces.

Prudence & Discretion

Proverbs 12:23

23 He who guards his mouth and his tongue,
Guards his soul from troubles.

Psalms 39:1

1 I said, "I will guard my ways
That I may not sin with my tongue;
I will guard my mouth as with a muzzle
While the wicked are in my presence."

James 3:5-8

5 So also the tongue is a small part of the body, and *yet* it boasts of great things.
See how great a forest is set aflame by such a small fire!

6 And the tongue is a fire, the *very* world of iniquity; the tongue is set among our members as
that which defiles the entire body, and sets on fire the course of *our* life, and is set on fire by hell.

7 For every species of beasts and birds, of reptiles and creatures of the sea, is tamed and has
been tamed by the human race.

8 But no one can tame the tongue; *it is* a restless evil *and* full of deadly poison.

Prudence & Discretion

Proverbs 15:5

5 A fool rejects his father's discipline,
But he who regards reproof is **sensible**.

Proverbs 18:15

15 The mind of the **prudent** acquires knowledge,
And the ear of the wise seeks knowledge.

Proverbs 19:25

25 Strike a scoffer and the naive may become **shrewd**,
But reprove one who has understanding and he will gain knowledge.

Prudence & Discretion

Proverbs 19:14

14 House and wealth are an inheritance from fathers,
But a **prudent** wife is from the LORD.

1 Timothy 3:2

2 An overseer, then, must be above reproach, the husband of one wife, temperate, **prudent**, respectable, hospitable, able to teach,

Practical Living

Tools for Life – Prudence & Decision Making

Prudence & Discretion

Proverbs 2:11

9 Then you will discern righteousness and justice

And equity *and* every good course.

10 For wisdom will enter your heart

And knowledge will be pleasant to your soul;

11 **Discretion** will guard you,

Understanding will watch over you,

12 To deliver you from the way of evil,

From the man who speaks perverse things;

Proverbs 3:21

21 My son, let them not vanish from your sight;

Keep sound wisdom and **discretion**,

Proverbs 5:2

1 My son, give attention to my wisdom,

Incline your ear to my understanding;

2 That you may observe **discretion**

And your lips may reserve knowledge.

DISCRETION IS A CHARACTERISTIC OF PRUDENCE

Prudence & Discretion

Proverbs 11:22

22 As a ring of gold in a swine's snout
So is a beautiful woman who lacks **discretion**.

Proverbs 26:16

16 The sluggard is wiser in his own eyes
Than seven men who can give a **discreet** answer.

Daniel 2:14

13 So the decree went forth that the wise men should be slain; and they looked for Daniel and his friends to kill *them*.

14 Then Daniel replied with **discretion** and **discernment** to Arioch, the captain of the king's bodyguard, who had gone forth to slay the wise men of Babylon;

15 he said to Arioch, the king's commander, "For what reason is the decree from the king so urgent?" Then Arioch informed Daniel about the matter.

Proverbs 19:11

11 A man's **discretion** makes him slow to anger,
And it is his glory to overlook a transgression.

1 Timothy 2:9

9 Likewise, *I want* women to adorn themselves with proper clothing, modestly and **discreetly**, not with braided hair and gold or pearls or costly garments,

DISCRETION IS A CHARACTERISTIC OF PRUDENCE

Prudence Summary

- Those who have Prudence:
 - Get knowledge and eliminate naivety - Pr 18:15
 - Deal with knowledge - Pr 13:16
 - Consider their steps - Pr 14:15
 - Understand their own ways - Pr 14:8
 - Crowned with knowledge - Pr 14:18
 - Doesn't brag about knowledge - Pr 12:23
 - Foresee and avoid evil and act cautiously - Pr 22:3
 - Are preserved by it - Pr 2:11
 - Suppress angry feelings - Pr 12:16
 - Regard reproof - Pr 15:5
 - Keep silence in the evil time - Am 5:13
 - Cause us to be prepared - Mt 25:1-13
 - Cause us to have wise speech – Pr 21:23
 - Allows us to be discrete and operate with discretion – Pr 5:2

THOSE WHO ARE PRUDENT HAVE A DISTINCT ADVANTAGE OVER THOSE WHO DON'T

Decision Making

- Decision making is a process that includes making a choice or judgment about an attitude or action. **Decisions** are an act of the will, and they are always influenced by either the mind or the emotions.
- **Your decisions** receive God's blessing when you are willing to obey God.
- **Your decisions** should be based on God's revealed will.
- **Your decisions** reveal the desires of your heart.
- **Your decisions** are ultimately determined by what you desire the most.
- **Your decisions** are an act of your will and your humility.

Decision Making

- **What Is the Meaning of “Will”?**
- Like a prism, the word *will* reflects many different sides.
- When making a choice, you are communicating your *will*.
- The word *will* is also used to express the desire or mandate of someone having authority. (God reveals *His will*.)
- Another meaning of the word *will* carries the idea of having a disposition to act according to one’s desired goals. (A child may be born with a *strong will*.)
- Further, by use of your own *will*, you can exercise power and control over your own actions or emotions.

Decision Making

- *God blesses ...*
- — *Decisions* that He initiates
- — *Decisions* that line up with His Word
- — *Decisions* that accomplish His purpose
- — *Decisions* that depend on His strength
- — *Decisions* that result in giving Him glory
- — *Decisions* that promote justice, kindness, and humility
- — *Decisions* that reflect His character
- — *Decisions* that come from faith
- — *Decisions* that consider the interests of others
- — *Decisions* that are bathed in prayer

Decision Making

- Methods of Decision Making
 - Defaulting Method
 - Delaying Method
 - Deductive Method
 - Desirous Method
 - Discerning Method (*the best method*)

Decision Making

- Tests of Good Decision Making
 - Scriptural Test
 - Secrecy Test
 - Survey Test
 - Spiritual Test
 - Stumbling Test
 - Serenity Test
 - Sanctification Test
 - Supreme Test
 - Decisions should honor Jesus Christ
 - Decisions should arise from convictions
 - Decisions should be based on good doctrine

THERE ARE TESTS WE CAN USE TO DETERMINE IF A DECISION IS GOOD OR NOT

Decision Making

- **What Causes Clouds of Confusion?**
 - Not having pure motives
 - Not surrendering your will
 - Not seeking God's will through His Word
 - Not repenting of known sin in my life
 - Not praying continually and earnestly
 - Not expecting God to answer
 - Not patiently waiting for God's timing
 - Not willing to suffer for the glory of Christ

Decision Making

What Place Do “Natural Reactions” Have in Our Decisions?

- Do you wait too long before asking God for help?
- Do you ask everyone you know for advice instead of asking God?
- Do you fail to look at the big picture?
- Do you lie about failure, whether big or small?
- Do you ignore or minimize the impact your decision will have on others?
- Do you make choices too quickly?
- Do you fail to weigh the pros and cons of a specific action?
- Do you fail to explore other options?
- Do you take action prematurely before making necessary plans?
- Do you overlook the moral implications of a decision?

NATURAL REACTIONS WILL NOT SERVE US TO MAKE BETTER DECISIONS

Decision Making

- The ability to know God and discern His will for your life comes through ...
 - **Salvation**
 - *“The spiritual man makes judgments about all things, but he himself is not subject to any man’s judgment: ‘For who has known the mind of the Lord that he may instruct him?’ But we have the mind of Christ.” (1 Corinthians 2:15–16)*
 - **Scripture**
 - *“The fear of the Lord is the beginning of wisdom; all who follow his precepts have good understanding. To him belongs eternal praise.” (Psalm 111:10)*
 - **Situations**
 - *“Seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” (Matthew 6:33–34)*
 - **Submission**
 - *“ ‘O house of Israel, can I not do with you as this potter does?’ declares the LORD. ‘Like clay in the hand of the potter, so are you in my hand, O house of Israel.’ ” (Jeremiah 18:6)*
 - **Servanthood**
 - *“No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and Money. Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?” (Matthew 6:24–25)*

NATURAL REACTIONS WILL NOT SERVE US TO MAKE BETTER DECISIONS

Decision Making

• The Don'ts of Decision Making

- ***Don't*** wait until all else fails before seeking God's will.
- ***Don't*** seek the plan but rather the Person who reveals the plan.
- ***Don't*** pray for permission regarding something God has forbidden.
- ***Don't*** make decisions based on feelings.
- ***Don't*** assume that God's will is too difficult for you to do.
- ***Don't*** have divided loyalty and allow money to dictate your decision.
- ***Don't*** test God by seeking visible signs.
- ***Don't*** think trials and adversity indicate you are out of God's will.

Decision Making

God's Promises for Guidance

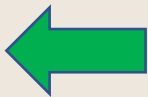
- **Psalm 32:8** *"I will instruct you and teach you in the way you should go; I will counsel you and watch over you."*
- **Isaiah 42:16** *"I will lead the blind by ways they have not known, along unfamiliar paths I will guide them; I will turn the darkness into light before them and make the rough places smooth.... I will not forsake them."*
- **Psalm 37:23** *"If the LORD delights in a man's way, he makes his steps firm."*
- **Proverbs 16:9** *"In his heart a man plans his course, but the LORD determines his steps."*
- **Proverbs 3:5–6** *"Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight."*
- **Isaiah 58:11** *"The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail."*
- **Psalm 37:5–6** *"Commit your way to the LORD; trust in him, and he will do this: He will make your righteousness shine like the dawn, the justice of your cause like the noonday sun."*
- **Psalm 139:9–10** *"If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast."*
- **Psalm 73:24** *"You guide me with your counsel, and afterward you will take me into glory."*
- **Psalm 48:14** *"He will be our guide even to the end."*
- **John 16:13** *"He [the Spirit of truth] will guide you into all truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come."*
- **John 8:12** *"I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."*

GOD PROMISES THAT HE WILL GUIDE US THROUGH OUR DECISIONS OF LIFE

Practical Living

Tools for Life – Review

Practical Living Topics...

- The Conscience
- Decision Making
- Self-Control 
- Habits
- Practical Topics (as chosen by students)

Do Questions Section 5A

WE WILL COVER THE ABOVE TOPICS BUT WILL TRY TO PUT A LITTLE MORE EMPHASIS ON
SELF-CONTROL

Practical Living

Tools for Life – Self-Control

Self-Control Defined

From: Holman Illustrated Bible Dictionary

SELF-CONTROL Modern translations' term for several Greek words indicating a sober, temperate, calm, and dispassionate approach to life, having mastered personal desires and passions. Biblical admonitions expect God's people to exercise self-control (Prov. 25:28; 1 Cor. 7:5; 1 Thess. 5:6; 1 Tim. 3:2; 2 Tim. 3:3; Gal. 5:23; 2 Tim. 1:7; Titus 1:8; 2 Pet. 1:6). Freedom in Christ does not give believers liberty to cast off all moral restraint as some members in Galatia and other churches apparently believed. Nor does it call for a withdrawal from life and its temptations. It calls for a self-disciplined life following Christ's example of being in the world but not of the world. See *Ethics; Freedom.*

Self-Control Defined

From: Vine's Complete Expository Dictionary of Old and New Testament Words

TEMPERANCE, TEMPERATE

A. Noun.

enkrateia (ἐγκράτεια, 1466), from *kratos*, “strength,” occurs in Acts 24:25; Gal. 5:23; 2 Pet. 1:6 (twice), in all of which it is rendered “temperance”; the RV marg., “self-control” is the preferable rendering, as “temperance” is now limited to one form of self-control; the various powers bestowed by God upon man are capable of abuse; the right use demands the controlling power of the will under the operation of the Spirit of God; in Acts 24:25 the word follows “righteousness,” which represents God’s claims, self-control being man’s response thereto; in 2 Pet. 1:6, it follows “knowledge,” suggesting that what is learned requires to be put into practice.

B. Adjectives.

1. enkrates (ἐγκρατής, 1468), akin to A, denotes “exercising self-control,” rendered “temperate” in Titus 1:8.

2. nephalios (νηφάλιος, 3524), for which see SOBER, is translated “temperate” in 1 Tim. 3:2, RV (KJV, “vigilant”); in 3:11 and Titus 2:2, RV (KJV, “sober”).

Note: In Titus 2:2, KJV, *sophron*, “sober,” is rendered “temperate” (RV, “soberminded”).

C. Verb.

enkrateuomai (ἐγκρατεύομαι, 1467), akin to A and B, No. 1, rendered “is temperate” in 1 Cor. 9:25, is used figuratively of the rigid self control practiced by athletes with a view to gaining the prize. See

CONTINENCY.

Self-Control Defined

From: The Eerdmans Bible dictionary

SELF-CONTROL. *At Prov. 25:28 a person without “self-control” (so RSV; Heb. *ma·ṣār lʿrûḥô*; KJV “rule over his own spirit”) is likened to a city open to raiders; the converse at 16:32 shows that control of anger is in mind.

Two word groups represent the idea of “selfcontrol” in the New Testament. Gk. *enkráteia* “selfcontrol” (KJV “temperance”) and related words are used in contexts where sexual self-control (1 Cor. 7:9; cf. the related word *akrasía* “lack of self-control” at v. 5), the self-deprivation of the competing athlete (9:25), and the capacity to resist sin (Acts 24:25; Gal. 5:23; Titus 1:8; 2 Pet. 1:6) are in view. Gk. *sōphronismós* (2 Tim. 1:7; KJV “a sound mind”) and related words emphasize the operation of the mind. A person with this quality is sane (Mark 5:15; Acts 26:25; 2 Cor. 5:13), serious (Titus 2:12; 1 Pet. 4:7), sensible (1 Tim. 2:9, 15; Titus 2:2, 5), and judicious (Rom. 12:3).

Self-Control Examples

- Examples of Self-Control
 - Joseph - Genesis 39:7-12
 - Jesus – Isaiah 53:7; Mark 14:61
- Examples of a Lack of Self-Control
 - David – 1 Samuel 11:1-4
 - Paul – Romans 7:14-25

Self-Control Overview

• What is self-control

- A fundamental and critical skill for a Christian
- Physical and emotional self-mastery, particularly in situations of intense provocation or temptation
- Also translated as prudent, sensible, temperate, sober, discipline, and wise.
- We subordinate our impulses to our values and bring them under our control
- Will-power separates us from the animals
- Restraining impulses and resisting temptation is central to civilization
- Self-control and wisdom/patience linked – Prov 15:18 and Proverbs 29:11
- Self-control takes self-denial, self-sacrificing, and many other skills
- Making wrong choices is not always a lack of self-control

Self-Control Overview

• How do we get self-control

- Training is required 1 Cor 9:25 (24-27) – make your body your slave
- God's spirit gives us self-discipline
- Walking by the spirit stops flesh from controlling (Gal 5:16)
- Putting on armor is a way of viewing self-control and protection (Eph 6:10-18)
- Self-control is a step in our growth (2 Peter 1:3-11)
- Self-control is a fruit of the spirit (Galatians 5:22-25)
- Working and staying busy can be an exercise in self-control
- Self-control and discipline are learned, practiced, and mastered
- It's hard work
- Requires being awake and sober and alert
- Requires other skills like self-sacrifice, self-denial, self-discipline, reformation, self-examination, general discipline, and humility

SELF-CONTROL TAKES A LOT OF EFFORT TO MASTER

Self-Control Overview

• What is the result of a lack of self-control

- A person who lacks self-control cannot stop aggressors or tempters - Prov 25:28
- Anger is a loss of self-control – (James 1:19-21) - The word of God helps
- Without self-control we bless and curse out of the same mouth which is not wise (James 3:10)
- The tongue is tough to control – corrupts the whole body (James 3:2-10)
- Selfishness and selfish ambition are part of the problem, selfishness is at the core and causes evil and every evil practice and disorder (James 3:13-16)
- Stubbornness and strong-willed attitudes are also part of the problem
- There are areas of life that get out of order when we lack self-control (e.g. we can become selfish, arrogant, proud, and self-righteous)
- Not being content causes us to be faced with temptations and more desires to control

A LACK OF SELF-CONTROL CAN AFFECT MANY AREAS OF LIFE

Self-Control Scriptures

- **Galatians 5:22–25 (NASB95)** — **22** But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, **23** gentleness, self-control; against such things there is no law. **24** Now those who belong to Christ Jesus have crucified the flesh with its passions and desires. **25** If we live by the Spirit, let us also walk by the Spirit.
- **Titus 2:11–12 (NASB95)** — **11** For the grace of God has appeared, bringing salvation to all men, **12** instructing us to deny ungodliness and worldly desires and to live sensibly, righteously and godly in the present age,
- **1 Timothy 3:2 (NASB95)** — **2** An overseer, then, must be above reproach, the husband of one wife, temperate, prudent, respectable, hospitable, able to teach,
- **Titus 1:7-8 (NASB95)** — **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, **8** but hospitable, loving what is good, sensible, just, devout, self-controlled,
- **Titus 2:2 (NASB95)** — **2** Older men are to be temperate, dignified, sensible, sound in faith, in love, in perseverance.

Self-Control Scriptures

- **Titus 2:3–6 (NASB95)** — **3** Older women likewise are to be reverent in their behavior, not malicious gossips nor enslaved to much wine, teaching what is good, **4** so that they may encourage the young women to love their husbands, to love their children, **5** to be sensible, pure, workers at home, kind, being subject to their own husbands, so that the word of God will not be dishonored. **6** Likewise urge the young men to be sensible;
- **2 Peter 1:3–11 (NASB95)** — **3** seeing that His divine power has granted to us everything pertaining to life and godliness, through the true knowledge of Him who called us by His own glory and excellence. **4** For by these He has granted to us His precious and magnificent promises, so that by them you may become partakers of the divine nature, having escaped the corruption that is in the world by lust. **5** Now for this very reason also, applying all diligence, in your faith supply moral excellence, and in your moral excellence, knowledge, **6** and in your knowledge, self-control, and in your self-control, perseverance, and in your perseverance, godliness, **7** and in your godliness, brotherly kindness, and in your brotherly kindness, love. **8** For if these qualities are yours and are increasing, they render you neither useless nor unfruitful in the true knowledge of our Lord Jesus Christ. **9** For he who lacks these qualities is blind or short-sighted, having forgotten his purification from his former sins. **10** Therefore, brethren, be all the more diligent to make certain about His calling and choosing you; for as long as you practice these things, you will never stumble; **11** for in this way the entrance into the eternal kingdom of our Lord and Savior Jesus Christ will be abundantly supplied to you.

SELF-CONTROL IS A MAJOR PART OF THE CHRISTIAN CHARACTER

Self-Control Scriptures

- **1 Corinthians 9:24–27 (NASB95) — 24** Do you not know that those who run in a race all run, but only one receives the prize? Run in such a way that you may win. **25** 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. **26** Therefore I run in such a way, as not without aim; I box in such a way, as not beating the air; **27** but I discipline my body and make it my slave, so that, after I have preached to others, I myself will not be disqualified.
- **1 Thessalonians 4:3–7 (NASB95) — 3** For this is the will of God, your sanctification; that is, that you abstain from sexual immorality; **4** that each of you know how to possess his own vessel in sanctification and honor, **5** not in lustful passion, like the Gentiles who do not know God; **6** and that no man transgress and defraud his brother in the matter because the Lord is the avenger in all these things, just as we also told you before and solemnly warned you. **7** For God has not called us for the purpose of impurity, but in sanctification.

Self-Control Scriptures

- **1 Peter 1:13 (NASB95) — 13** Therefore, prepare your minds for action, keep sober in spirit, fix your hope completely on the grace to be brought to you at the revelation of Jesus Christ.
- **1 Thessalonians 5:6–8 (NASB95) — 6** so then let us not sleep as others do, but let us be alert and sober. **7** For those who sleep do their sleeping at night, and those who get drunk get drunk at night. **8** But since we are of the day, let us be sober, having put on the breastplate of faith and love, and as a helmet, the hope of salvation.
- **1 Peter 4:7 (NASB95) — 7** The end of all things is near; therefore, be of sound judgment and sober spirit for the purpose of prayer.
- **1 Peter 5:8 (NASB95) — 8** Be of sober spirit, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour.

Self-Control Scriptures

- **Psalm 141:3 (NASB95)** — **3** Set a guard, O LORD, over my mouth; Keep watch over the door of my lips.
- **James 1:19-21 (NASB95)** — **19** This you know, my beloved brethren. But everyone must be quick to hear, slow to speak and slow to anger; **20** for the anger of man does not achieve the righteousness of God. **21** Therefore, putting aside all filthiness and all that remains of wickedness, in humility receive the word implanted, which is able to save your souls.
- **Psalm 17:3 (NASB95)** — **3** You have tried my heart; You have visited me by night; You have tested me and You find nothing; I have purposed that my mouth will not transgress.
- **Proverbs 16:23 (NASB95)** — **23** The heart of the wise instructs his mouth And adds persuasiveness to his lips.
- **Proverbs 21:23 (NASB95)** — **23** He who guards his mouth and his tongue, Guards his soul from troubles.
- **Ecclesiastes 5:2 (NASB95)** — **2** Do not be hasty in word or impulsive in thought to bring up a matter in the presence of God. For God is in heaven and you are on the earth; therefore let your words be few.

WE MUST BE ABLE TO CONTROL OUR TONGUE

Self-Control Scriptures

- **James 3:1–12 (NASB95)** — **1** Let not many of you become teachers, my brethren, knowing that as such we will incur a stricter judgment. **2** For we all stumble in many ways. If anyone does not stumble in what he says, he is a perfect man, able to bridle the whole body as well. **3** Now if we put the bits into the horses' mouths so that they will obey us, we direct their entire body as well. **4** Look at the ships also, though they are so great and are driven by strong winds, are still directed by a very small rudder wherever the inclination of the pilot desires. **5** So also the tongue is a small part of the body, and yet it boasts of great things. See how great a forest is set aflame by such a small fire! **6** And the tongue is a fire, the very world of iniquity; the tongue is set among our members as that which defiles the entire body, and sets on fire the course of our life, and is set on fire by hell. **7** For every species of beasts and birds, of reptiles and creatures of the sea, is tamed and has been tamed by the human race. **8** But no one can tame the tongue; it is a restless evil and full of deadly poison. **9** With it we bless our Lord and Father, and with it we curse men, who have been made in the likeness of God; **10** from the same mouth come both blessing and cursing. My brethren, these things ought not to be this way. **11** Does a fountain send out from the same opening both fresh and bitter water? **12** Can a fig tree, my brethren, produce olives, or a vine produce figs? Nor can salt water produce fresh.

WE MUST BE ABLE TO CONTROL OUR TONGUE

Self-Control Scriptures

- **Provides for our Self-Defense**

- **Proverbs 25:28 (NASB95) — 28** Like a city that is broken into *and* without walls is a man who has no control over his spirit.

- **Self-control is the mark of a patient and a wise person**

- **Proverbs 15:18 (NASB95) — 18** A hot-tempered man stirs up strife, But the slow to anger calms a dispute.
- **Proverbs 29:11 (NASB95) — 11** A fool always loses his temper, But a wise man holds it back.
- **Proverbs 1:1–5 (NASB95) — 1** The proverbs of Solomon the son of David, king of Israel: **2** To know wisdom and instruction, To discern the sayings of understanding, **3** To receive instruction in wise behavior, Righteousness, justice and equity; **4** To give prudence to the naive, To the youth knowledge and discretion, **5** A wise man will hear and increase in learning, And a man of understanding will acquire wise counsel,

SELF-CONTROL WILL HELP US OVERCOME AND BE WISE

Self-Control Scriptures

- **Matthew 5:39–40 (NASB95) — 39** “But I say to you, do not resist an evil person; but whoever slaps you on your right cheek, turn the other to him also. **40** “If anyone wants to sue you and take your shirt, let him have your coat also.
- **1 Peter 2:18–23 (NASB95) — 18** Servants, be submissive to your masters with all respect, not only to those who are good and gentle, but also to those who are unreasonable. **19** For this finds favor, if for the sake of conscience toward God a person bears up under sorrows when suffering unjustly. **20** For what credit is there if, when you sin and are harshly treated, you endure it with patience? But if when you do what is right and suffer for it you patiently endure it, this finds favor with God. **21** For you have been called for this purpose, since Christ also suffered for you, leaving you an example for you to follow in His steps, **22** WHO COMMITTED NO SIN, NOR WAS ANY DECEIT FOUND IN HIS MOUTH; **23** and while being reviled, He did not revile in return; while suffering, He uttered no threats, but kept entrusting Himself to Him who judges righteously;

SELF-CONTROL WILL HELP US WHEN WE ARE PERSECUTED

Self-Control Scriptures

- **Proverbs 18:7 (NASB95) — 7** A fool's mouth is his ruin, And his lips are the snare of his soul.
- **Jeremiah 14:10 (NASB95) — 10** Thus says the LORD to this people, "Even so they have loved to wander; they have not kept their feet in check. Therefore the LORD does not accept them; now He will remember their iniquity and call their sins to account."
- **Proverbs 6:1–3 (NASB95) — 1** My son, if you have become surety for your neighbor, Have given a pledge for a stranger, **2** If you have been snared with the words of your mouth, Have been caught with the words of your mouth, **3** Do this then, my son, and deliver yourself; Since you have come into the hand of your neighbor, Go, humble yourself, and importune your neighbor.
- **Proverbs 29:18 (NASB95) — 18** Where there is no vision, the people are unrestrained, But happy is he who keeps the law.

THERE IS DANGER WHEN WE LOSE SELF-CONTROL

Self-Control Scriptures

- **Romans 1:24–31 (NASB95)** — **24** Therefore God gave them over in the lusts of their hearts to impurity, so that their bodies would be dishonored among them. **25** For they exchanged the truth of God for a lie, and worshiped and served the creature rather than the Creator, who is blessed forever. Amen. **26** For this reason God gave them over to degrading passions; for their women exchanged the natural function for that which is unnatural, **27** and in the same way also the men abandoned the natural function of the woman and burned in their desire toward one another, men with men committing indecent acts and receiving in their own persons the due penalty of their error. **28** And just as they did not see fit to acknowledge God any longer, God gave them over to a depraved mind, to do those things which are not proper, **29** being filled with all unrighteousness, wickedness, greed, evil; full of envy, murder, strife, deceit, malice; they are gossips, **30** slanderers, haters of God, insolent, arrogant, boastful, inventors of evil, disobedient to parents, **31** without understanding, untrustworthy, unloving, unmerciful;

THERE IS DANGER WHEN WE LOSE SELF-CONTROL

Self-Control Scriptures

- **1 Corinthians 7:5 (NASB95) — 5** Stop depriving one another, except by agreement for a time, so that you may devote yourselves to prayer, and come together again so that Satan will not tempt you because of your lack of self-control.
- **1 Corinthians 7:9 (NASB95) — 9** But if they do not have self-control, let them marry; for it is better to marry than to burn with passion.
- **Colossians 2:23 (NASB95) — 23** These are matters which have, to be sure, the appearance of wisdom in self-made religion and self-abasement and severe treatment of the body, but are of no value against fleshly indulgence.

THERE IS DANGER WHEN WE LOSE SELF-CONTROL

Self-Control Scriptures

- **2 Peter 2:12–14 (NASB95)** — **12** But these, like unreasoning animals, born as creatures of instinct to be captured and killed, reviling where they have no knowledge, will in the destruction of those creatures also be destroyed, **13** suffering wrong as the wages of doing wrong. They count it a pleasure to revel in the daytime. They are stains and blemishes, reveling in their deceptions, as they carouse with you, **14** having eyes full of adultery that never cease from sin, enticing unstable souls, having a heart trained in greed, accursed children;
- **2 Peter 2:18–19 (NASB95)** — **18** For speaking out arrogant words of vanity they entice by fleshly desires, by sensuality, those who barely escape from the ones who live in error, **19** promising them freedom while they themselves are slaves of corruption; for by what a man is overcome, by this he is enslaved.
- **Jude 4 (NASB95)** — **4** For certain persons have crept in unnoticed, those who were long beforehand marked out for this condemnation, ungodly persons who turn the grace of our God into licentiousness and deny our only Master and Lord, Jesus Christ.

Self-Control Scriptures

- **1 Peter 2:21–23 (NASB95)** — **21** For you have been called for this purpose, since Christ also suffered for you, leaving you an example for you to follow in His steps, **22** WHO COMMITTED NO SIN, NOR WAS ANY DECEIT FOUND IN HIS MOUTH; **23** and while being reviled, He did not revile in return; while suffering, He uttered no threats, but kept entrusting Himself to Him who judges righteously;
- **Matthew 26:62–63 (NASB95)** — **62** The high priest stood up and said to Him, “Do You not answer? What is it that these men are testifying against You?” **63** But Jesus kept silent. And the high priest said to Him, “I adjure You by the living God, that You tell us whether You are the Christ, the Son of God.”
- **Matthew 27:12–14 (NASB95)** — **12** And while He was being accused by the chief priests and elders, He did not answer. **13** Then Pilate said to Him, “Do You not hear how many things they testify against You?” **14** And He did not answer him with regard to even a single charge, so the governor was quite amazed.

JESUS HELD BACK HIS EMOTIONS WHEN HE REMAINED SILENT

Self-Control Scriptures

• Speech

- **Psalm 141:3 (NASB95) — 3** Set a guard, O LORD, over my mouth; Keep watch over the door of my lips.
- **James 1:26 (NASB95) — 26** If anyone thinks himself to be religious, and yet does not bridle his tongue but deceives his own heart, this man's religion is worthless.
- **Psalm 39:1 (NASB95) — 1** I said, "I will guard my ways That I may not sin with my tongue; I will guard my mouth as with a muzzle While the wicked are in my presence."
- **Proverbs 13:3 (NASB95) — 3** The one who guards his mouth preserves his life; The one who opens wide his lips comes to ruin.
- **Proverbs 21:23 (NASB95) — 23** He who guards his mouth and his tongue, Guards his soul from troubles.
- **1 Peter 3:10 (NASB95) — 10** For, "THE ONE WHO DESIRES LIFE, TO LOVE AND SEE GOOD DAYS, MUST KEEP HIS TONGUE FROM EVIL AND HIS LIPS FROM SPEAKING DECEIT.
- **Psalm 34:13 (NASB95) — 13** Keep your tongue from evil And your lips from speaking deceit.

• Actions

- **Psalm 32:9 (NASB95) — 9** Do not be as the horse or as the mule which have no understanding, Whose trappings include bit and bridle to hold them in check, Otherwise they will not come near to you.
- **Romans 6:12 (NASB95) — 12** Therefore do not let sin reign in your mortal body so that you obey its lusts,

WE SHOW RESTRAINT AND SELF-CONTROL BY HOW WE SPEAK AND ACT

Practical Living

Tools for Life – Self Control

Developing Self Control

As we consider various techniques in developing self control, previously we covered:

- Progressive Evaluation
- Not Self-Control but God-Control

Moving forward, we'll now look at the following:

- Replacement Method
- 12 Step Program
- Work Small to Big
- Rely on God's Protection

Developing Self Control

Replacement Method

This method tells us to replace one set of actions with a different and better set of actions. This is illustrated in the following verses.

Ephesians 4:21-32 The apostle Paul talking about the Christian's walk.....

21 *if indeed you have heard Him and have been taught in Him, just as truth is in Jesus,*

22 *that, in reference to your former manner of life, you **lay aside the old self**, which is being corrupted in accordance with the lusts of deceit,*

23 *and that you be renewed in the spirit of your mind,*

24 ***and put on the new self, which in the likeness of God** has been created in righteousness and holiness of the truth.*

25 *Therefore, **laying aside falsehood, SPEAK TRUTH EACH ONE of you** WITH HIS NEIGHBOR, for we are members of one another.*

26 *BE ANGRY, AND yet DO NOT SIN; do not let the sun go down on your anger,*

27 *and do not give the devil an opportunity.*

28 ***He who steals must steal no longer; but rather he must labor**, performing with his own hands what is good, so that he will have something to share with one who has need.*

29 ***Let no unwholesome word proceed from your mouth, but only such a word as is good for edification** according to the need of the moment, so that it will give grace to those who hear.*

Self Control is not something we are born with, it takes effort

Developing Self Control

Replacement Method

30 *Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.*

31 *Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.*

32 *Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.*

The Replacement Method is not just about stopping bad behavior, but filling the void with good behavior.

Doing specific tasks will reinforce the behavior and make it more habitual for us to do the same in the future.

It also trains us to recognize bad behavior before it happens, which strengthens our conscience.

- Using this method of self-control, we lay aside falsehood and speak truth instead (v 25)
- We are told to stop stealing and work for a living instead (v28)
- We are to stop using unwholesome words and instead use words of encouragement and edification (v29)
- We are to remove bitterness, wrath, anger, clamor, slander, and malice and instead be kind to one another and be tenderhearted and forgiving (v31-32)

Self Control is not something we are born with, it takes effort

Developing Self Control

12 Step Program

If you're wondering why a Bible class is touching on the "12 Step Program", please recall the theme of this class: Practical Living. From a practical perspective, Christians in need of professional counseling will often be faced with solutions that on the surface may not appear to be Bible based, but often in fact, are motivated by God's word.

The "12 Step Program" is one of those. The 12 step program is used by organizations such as Alcoholics Anonymous and other rehabilitation programs to help addicts recover and change their habits. The 12 step program, surprisingly enough, is based on the idea of a higher power such as God. Since it is such a wide-ranging program it would be more likely that the program would be based on a person taking control of their lives and "pulling themselves up by their bootstraps." However, the focus is not on what a person can or cannot do, but on turning control of your life over to a higher power (not man). The 12 step program steps are illustrated in the details below. The focus of the 12-step program is to take control of your life again, which is basically what we are studying about when we discuss self-control. In this case, the program is focused on recovering from addiction, but there are valuable insights to be learned to gain control of your life even if not addicted. It's noteworthy that an addiction could be described as a habit that has been taken to an extreme.

In trying to determine where the program originated, there are a few websites that contain scriptures along with the steps. A sampling of this is shown in the detailed description below. While the scriptures below reflect Psalm 51, various websites reference other scriptures as well. There is no data that shows a single example of a person using this system in the Bible. After researching Bible references, Psalms 51 seems to correlate with most if not all of the 12 steps. When applied to God and His word, it certainly looks like the 12-step program is biblically based. See the following data....

Developing Self Control

12 Step Program

1. We admitted we were powerless over sin—that our lives had become unmanageable.

Psalm 51:5 *Behold, I was brought forth in iniquity, And in sin my mother conceived me.*

2. Came to believe that a Power greater than ourselves could restore us to sanity.

Psalm 51:1-2 *(1) Be gracious to me, O God, according to Your lovingkindness; According to the greatness of Your compassion blot out my transgressions (2) Wash me thoroughly from my iniquity, And cleanse me from my sin.*

3. Made a decision to turn our will and our lives over to the care of God as we understood Him.

Psalm 51:7 *Purify me with hyssop, and I shall be clean; Wash me, and I shall be whiter than snow.*

Psalm 51:11 *Do not cast me away from Your presence, And do not take Your Holy Spirit from me.*

4. Made a searching and fearless moral inventory of ourselves.

Psalm 51:3 *For I know my transgressions, And my sin is ever before me.*

5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Psalm 51:14 *Deliver me from bloodguiltiness, O God, the God of my salvation*

Psalm 51:4 *Against You, You only, I have sinned, And done what is evil in Your sight.*

6. Were entirely ready to have God remove all these defects of character.

Psalm 51:10 *Create in me a clean heart, O God, And renew a steadfast spirit within me.*

Developing Self Control

12 Step Program

7. Humbly asked Him to remove our shortcomings.

Psalm 51:1 *Be gracious to me, O God, according to Your lovingkindness; According to the greatness of Your compassion blot out my transgressions.*

Psalm 51:17 *The sacrifices of God are a broken spirit; A broken and a contrite heart, O God, You will not despise.*

Psalm 51:9 *Hide Your face from my sins, And blot out all my iniquities.*

8. Made a list of all persons we had harmed, and became willing to make amends to them all.

Psalm 51:4 *Against You, You only, I have sinned, And done what is evil in Your sight, So that You are justified when You speak, And blameless when You judge.*

Psalm 51:16 *For You do not delight in sacrifice, otherwise I would give it; You are not pleased with burnt offering.*

9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

Psalm 51:13 *Then I will teach transgressors Your ways,*

Psalm 51:14 *Deliver me from bloodguiltiness, O God, the God of my salvation; Then my tongue will joyfully sing of Your righteousness.*

Developing Self Control

12 Step Program

10. Continued to take personal inventory and when we were wrong promptly admitted it.

Psalm 51:12 *Restore to me the joy of Your salvation*

Psalm 51:15 *O Lord, open my lips, That my mouth may declare Your praise.*

Psalm 51:8 *Make me to hear joy and gladness, Let the bones which You have broken rejoice.*

11. Sought through prayer and meditation to improve our conscious contact with God as we *understood Him*, praying only for knowledge of His will for us and the power to carry that out.

Psalm 51:12 *Restore to me the joy of Your salvation, And sustain me with a willing spirit.*

12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Psalm 51:13 *Then I will teach transgressors Your ways, And sinners will be converted to You.*

Disclaimer: The elders at Monte Vista believe God's word gives us everything we need to be successful in life and to flourish spiritually. Therefore, any references to human programs intended to deal with addictions should never be placed above God's wisdom and authority, rather the value is realized when God and man work in harmony.

Developing Self Control

Work Small to Big

Building Process based on small successes that build on each other.

Too often, we feel defeated in life (physically and spiritually) by trying to do it all at once.

We should keep in mind the wisdom in **2 Peter 1:1-11** where Peter lays out multiple steps to grow our faith and to deal with life's challenges. It doesn't happen all at once and there's several attributes we need to become strong christians. As stated in **v.3**, self-control is but one of those required to avoid the sin of the world.

Spiritual growth is a process as stated in: **Hebrews 5:12** *For though by this time you ought to be teachers, you have need again for someone to teach you the elementary principles of the oracles of God, and you have come to need milk and not solid food.*

- There's a progression of growth necessary to move from a basic understanding of God's word, to someone having a mature knowledge, enabling them to teach others.

But do we view developing Self-Control the same way? Do we see it as Working Small to Big?

An incremental approach to exerting self control

Developing Self Control

Work Small to Big

Self-control requires; knowledge, maturity (experience) and discipline. We need to develop these basic building blocks to prepare for the most challenging circumstances/temptations in life.

You have to respect the self-control Joseph had when Potiphar's wife made sexual advances toward him.

One of the most powerful statements made by Joseph showing his maturity is in **Genesis 39:9** - *How then could I do this great evil and sin against God?*

- Clearly, Joseph's respect for God gave him the maturity to exert a great amount of self-control when he needed it the most.
- That awareness takes time to develop and it's not something we are born to have.

An incremental approach to exerting self control

Developing Self Control

Work Small to Big

Another illustration of growing our self-control to deal with more threatening situations.....

1 Corinthians 10:13 *No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.*

- In this verse we see that God does not expect us to take on something more difficult than we can handle.
- God knows our capability and we need to trust that we won't be burdened with difficulties greater than we can bear.

Conversely, we should expect to face greater challenges as we grow and mature spiritually.

An incremental approach to exerting self control

Developing Self Control

Work Small to Big

As we view dealing with temptation in **1 Corinthians 10:13** in the context of developing self-control, we need to be mindful of the following:

- Temptation can be so isolating if we believe we are facing it alone.
 - But we're not alone, God is with us, if we are faithful to Him.
- If we believe God knows our limits, we must also have confidence we'll prevail over the temptations of life.
- There is always another way. Understanding this comes with maturity and it should provide comfort when we're faced with difficulty.

An incremental approach to exerting self control

Developing Self Control

Rely on God's Protection

If we are to rely on God, we must make God the center point of everything we do in life.

- Godly attitudes to the point of protecting us from the world, is more than just words, it must be an integral part of our daily lives.

Galatians 3:27 *For all of you who were baptized into Christ have clothed yourselves with Christ.*

- This idea of clothing ourselves in Christ.....
 - Fully embracing Christ and His ways
 - Wrapping His manners around us
 - Immersing ourselves in His teaching

None of us would go out of the house without clothes on, yet often we face the world without the protection of Christ our savior and God the Father.

Self control is easier to master with God on our side

Developing Self Control

Rely on God's Protection

So what are we putting on when we clothe ourselves in Jesus the Christ and God the Father?

Ephesians 4:22-24... The apostle Paul talking about the Christian's walk.....

(22) that, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit,

(23) and that you be renewed in the spirit of your mind,

(24) and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth

- Righteousness; Holiness; Truth
- Of course, to put on these Godly attributes, we first must put aside our old self
 - Corruption
 - Lusts of Deceit

Self control is easier to master with God on our side

Developing Self Control

But perhaps the most important thing we would do to **Rely on God's Protection**, is to put on the armor of God.

This is briefly mentioned by Paul in **Romans 13:12** *lay aside the deeds of darkness and put on the armor of light.*

A more complete description of God's armor can be found in **Ephesians 6:10-17**

(10) *Finally, be strong in the Lord and in the strength of His might.*

(11) *Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil.*

(12) *For our struggle is not against flesh and blood but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places.*

(13) *Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything to stand firm.*

(14) *Stand firm therefore, HAVING GIRDED YOUR LOINS WITH TRUTH, AND HAVING PUT ON THE BREASTPLATE OF RIGHTEOUSNESS,*

(15) *and having shod YOUR FEET WITH THE PREPARATION OF THE GOSPEL OF PEACE;*

(16) *in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one.*

(17) *And take the HELMET OF SALVATION, and the sword of the Spirit, which is the word of God.*

Self Control is easier to master with God on our side

Developing Self Control

Rely on God's Protection

From Paul's writing in Ephesians, we see God's armor is invaluable in achieving full self-control.

V.11 God's armor equips us to stand firm against the devil

V.13 God's armor enables us to resist evil

V.14 God's armor is truth and righteousness that keeps us from being led astray

V.15 God's armor is the preparation of the gospel which we stand in confidence against temptation

V.16 God's armor is faith that is not easily swayed by temptation

V.17 God's armor is the salvation we enjoy through Jesus Christ that should give us confidence to stay the course

Self Control is easier to master with God on our side

Developing Self Control

Rely on God's Protection

Final thought about putting our trust in God.....

James 4:7 *Submit yourselves therefore to God. Resist the devil, and he will flee from you.*

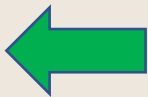
Satan has no control over the individual who has given God control. Satan has no effect on God.

By wearing the armor of God, we are able to defeat anything Satan may throw at us.

There is no greater Self Control available to man other than what God can provide.

Self Control is easier to master with God on our side

Practical Living Topics...

- The Conscience
- Decision Making
- Self-Control 
- Habits
- Practical Topics (as chosen by students)

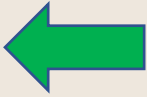
Do Questions Section 5B

WE WILL COVER THE ABOVE TOPICS BUT WILL TRY TO PUT A LITTLE MORE EMPHASIS ON
SELF-CONTROL

Practical Living

Tools for Life – Self Control

Practical Living Topics...

- The Conscience
- Decision Making
- Self-Control
- Habits 
- Practical Topics (as chosen by students)

Do Questions Section 5B

WE WILL COVER THE ABOVE TOPICS BUT WILL TRY TO PUT A LITTLE MORE EMPHASIS ON
SELF-CONTROL

Self Control

Previous lessons we explored different methods to: Develop Self-Control

- Progressive Evaluation
 - Step by step growth toward self-control
- Not Self-Control but God-Control
 - Allow Christ to have control of our lives
- Replacement Method
 - Replace bad behaviors with good behaviors
- 12 Step Program
 - A societal approach to rehabilitation and addiction control
- Work Small to Big
 - Don't try and do it all at once
- Rely on God's Protection
 - Use the armor of God to guard us from temptation and adversity

Examining these various methods illustrate Self-Control is a combination of: knowledge; discipline and maturity

Helpful Attitudes & Self Control

Beyond the tools necessary in developing self-control, we need to have the proper attitude.

Helpful Attitudes are beneficial as we strengthen our discipline and will ultimately lead us to have better control in our physical and spiritual life.

We will examine the following attitudes and behaviors:

- Self-Sacrifice
- Self-Denial
- Self-Discipline
- Reformation
- Self-Examination

Helpful Attitudes & Self Control

Self-Sacrifice as Forfeiting One's Present Comfort for Others

Ruth 2:11 (NASB95) — **11** *Boaz replied to her, "All that you have done for your mother-in-law after the death of your husband has been fully reported to me, and how you left your father and your mother and the land of your birth, and came to a people that you did not previously know.*

- Ruth's love for Naomi was so strong, she gave up her homeland to stay with Naomi
- Ruth worked the fields of Boaz to provide for Naomi when they were left all alone
- Ruth's selfless character toward someone else is a noteworthy example of sacrifice

Hebrews 11:24–27 (NASB95) — **24** *By faith Moses, when he had grown up, refused to be called the son of Pharaoh's daughter, 25 choosing rather to endure ill-treatment with the people of God than to enjoy the passing pleasures of sin, 26 considering the reproach of Christ greater riches than the treasures of Egypt; for he was looking to the reward. 27* *By faith he left Egypt, not fearing the wrath of the king; for he endured, as seeing Him who is unseen.*

- Moses gave up royalty, position and wealth
- By faith, he put what he could not see above the tangibles of life
- Moses sacrifice shows us we need to be ready to give up everything for the cause of Christ

Deny oneself for the good of another

Helpful Attitudes & Self Control

Self-Sacrifice as Giving One's Possessions to Others

Jesus commends the willingness to give up possessions....

Matthew 19:21 (NASB95) — **21** *Jesus said to him, "If you wish to be complete, go and sell your possessions and give to the poor, and you will have treasure in heaven; and come, follow Me."*

- Rich young ruler search for eternal life
- By his own admission, this young man already lived had a good character
- Jesus could see the one thing this young man valued that he didn't want to sacrifice (wealth)

God rewards those who give up their possessions....

Luke 18:28–30 (NASB95) — **28** *Peter said, "Behold, we have left our own homes and followed You."* **29** *And He said to them, "Truly I say to you, there is no one who has left house or wife or brothers or parents or children, for the sake of the kingdom of God,* **30** *who will not receive many times as much at this time and in the age to come, eternal life."*

- The physical wealth we might sacrifice for God, pales in comparison to eternal life
- Devotion and service to Jesus is more valuable than any physical comfort or possession

Physical wealth does not compare to the wealth of God

Helpful Attitudes & Self Control

Self-Sacrifice as Leaving all and following Jesus Christ

Sacrifice is a condition of discipleship....

Matthew 10:37 (NASB95) — 37 *“He who loves father or mother more than Me is not worthy of Me; and he who loves son or daughter more than Me is not worthy of Me.*

- Sacrifice for Jesus might entail leaving friends or loved ones
- Our blood relationship with Jesus is greater than our blood relationship with family

Those willing to leave everything to follow Jesus Christ....

Philippians 3:8 (NASB95) — 8 *More than that, I count all things to be loss in view of the surpassing value of knowing Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them but rubbish so that I may gain Christ,*

- Social esteem and recognition has no value if we don't have Jesus
- The value of Jesus Christ supersedes all other accomplishments and wealth in life
- The greatest physical blessing is only valuable a short time, but the blessing of Jesus is eternal

Putting Jesus above the value of the world will help our self-control

Helpful Attitudes & Self Control

Self-Sacrifice as the Metaphorical Laying Down One's Life for Others

Followers of Jesus are required to give themselves in service to others.....

Matthew 16:24–25 (NASB95) — **24** *Then Jesus said to His disciples, “If anyone wishes to come after Me, he must deny himself, and take up his cross and follow Me. 25 “For whoever wishes to save his life will lose it; but whoever loses his life for My sake will find it.*

- Sacrifice means putting Jesus first

1 John 3:16–18 (NASB95) — **16** *We know love by this, that He laid down His life for us; and we ought to lay down our lives for the brethren. 17 But whoever has the world's goods, and sees his brother in need and closes his heart against him, how does the love of God abide in him? 18 Little children, let us not love with word or with tongue, but in deed and truth.*

- Jesus set the standard by giving His life of us.

1 Corinthians 9:19–23 (NASB95) — **19** *For though I am free from all men, I have made myself a slave to all, so that I may win more. 20 To the Jews I became as a Jew, so that I might win Jews; to those who are under the Law, as under the Law though not being myself under the Law, so that I might win those who are under the Law; 21 to those who are without law, as without law, though not being without the law of God but under the law of Christ, so that I might win those who are without law. 22 To the weak I became weak, that I might win the weak; I have become all things to all men, so that I may by all means save some. 23 I do all things for the sake of the gospel, so that I may become a fellow partaker of it.*

- Apostle Paul gave up his identity for the cause of Christ

Service to others is required to follow Jesus

Helpful Attitudes & Self Control

Self-Sacrifice as the Literal Laying Down One's Life for Others

Jesus warns His disciples to be prepared to give their lives.....

Matthew 10:21–22 (NASB95) — **21** *“Brother will betray brother to death, and a father his child; and children will rise up against parents and cause them to be put to death. 22* *“You will be hated by all because of My name, but it is the one who has endured to the end who will be saved.*

- Sobering warning by Jesus

Sacrificing one's life is no value without love.....

1 Corinthians 13:3 (NASB95) — **3** *And if I give all my possessions to feed the poor, and if I surrender my body to be burned, but do not have love, it profits me nothing.*

- Without the right motivation, it's meaningless.

Examples of those willing to give their lives for the sake of God and others.....

Acts 20:23–24 (NASB95) — **23** *except that the Holy Spirit solemnly testifies to me in every city, saying that bonds and afflictions await me. 24* *“But I do not consider my life of any account as dear to myself, so that I may finish my course and the ministry which I received from the Lord Jesus, to testify solemnly of the gospel of the grace of God.*

- Paul displays both self-sacrifice and self-control to continue on, knowing what's coming

We may be required to give it all

Helpful Attitudes & Self Control

Self-Sacrifice as the Literal Laying Down One's Life for Others

Esther 4:14–16 (NASB95) — **14** *“For if you remain silent at this time, relief and deliverance will arise for the Jews from another place and you and your father’s house will perish. And who knows whether you have not attained royalty for such a time as this?”* **15** *Then Esther told them to reply to Mordecai,* **16** *“Go, assemble all the Jews who are found in Susa, and fast for me; do not eat or drink for three days, night or day. I and my maidens also will fast in the same way. And thus I will go in to the king, which is not according to the law; and if I perish, I perish.”*

- Esther takes a big risk for the good of her people

Matthew 26:39 (NASB95) — **39** *And He went a little beyond them, and fell on His face and prayed, saying, “My Father, if it is possible, let this cup pass from Me; yet not as I will, but as You will.”*

- Jesus Christ, the epitome of self-sacrifice and self-control

We may be required to give it all

Helpful Attitudes & Self Control

Self-Denial

The willingness to deny oneself possessions or status, in order to grow in holiness and commitment to God. Self-denial is commended by Jesus and seen throughout His life, and underlines christian fellowship in the church.

Self-Denial in order to put God first.....

Daniel 1:8 (NASB95) — 8 *But Daniel made up his mind that he would not defile himself with the king's choice food or with the wine which he drank; so he sought permission from the commander of the officials that he might not defile himself.*

- Daniel maintained his integrity in a foreign land by refusing to do anything that violated God's teaching for Jews.
- Daniel showed maturity in the way he denied the kings command.
- Daniel was rewarded for his faithfulness to God and his Jewish heritage

No matter the circumstance, we must put God first

Helpful Attitudes & Self Control

Self-Denial is a Requirement of following Jesus

Matthew 16:24 (NASB95) — 24 *Then Jesus said to His disciples, “If anyone wishes to come after Me, he must deny himself, and take up his cross and follow Me.*

- Jesus message to His disciples applies to each of us, we have to be all in
- Jesus requires total commitment

1 Peter 2:11 (NASB95) — 11 *Beloved, I urge you as aliens and strangers to abstain from fleshly lusts which wage war against the soul.*

- As “aliens and strangers”, this world is not our home, we are passing through
- If the world is not our home, we should not give priority to temptations of life
- We must put away the sins that separate us from God and His son Jesus.

Matthew 10:37–38 (NASB95) — 37 *“He who loves father or mother more than Me is not worthy of Me; and he who loves son or daughter more than Me is not worthy of Me. 38* *“And he who does not take his cross and follow after Me is not worthy of Me.*

- Denying self for Jesus may include denying those most dear to us
- Jesus commands preeminence in our lives.

We cannot put anything above our Lord and Savior, Jesus Christ

Helpful Attitudes & Self Control

Self-Denial is a Requirement of following Jesus

Luke 21:34 (NASB95) — 34 *“Be on guard, so that your hearts will not be weighted down with dissipation and drunkenness and the worries of life, and that day will not come on you suddenly like a trap;*

- Worldly pleasures will distract us from living for the coming of our Lord

1 Corinthians 9:25–27 (NASB95) — 25 *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. 26 Therefore I run in such a way, as not without aim; I box in such a way, as not beating the air; 27 but I discipline my body and make it my slave, so that, after I have preached to others, I myself will not be disqualified*

- The christian life requires training and awareness to live like Christ is our goal.

Titus 2:11–13 (NASB95) — 11 For the grace of God has appeared, bringing salvation to all men, **12** instructing us to deny ungodliness and worldly desires and to live sensibly, righteously and godly in the present age, **13** looking for the blessed hope and the appearing of the glory of our great God and Savior, Christ Jesus

- We should live in anticipation of meeting God in glory.

Living for Jesus is to deny the sin of the world

Helpful Attitudes & Self Control

Self-Denial and the Example of Jesus

Matthew 11:29-30 (NASB95) — **29** *“Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For “My yoke is easy and My burden is light”.*

- Just as the yoke was used to guide and control oxen, the yoke of Jesus will do the same for us.
- The yoke of Jesus will teach us how to navigate life and give us the tools necessary for eternal life.
- Compared to the stress and conflict of the world, the yoke of Jesus is refreshing and reassuring.

Philippians 2:5–8 (NASB95) — **5** *Have this attitude in yourselves which was also in Christ Jesus, 6 who, although He existed in the form of God, did not regard equality with God a thing to be grasped, 7 but emptied Himself, taking the form of a bond-servant, and being made in the likeness of men. 8 Being found in appearance as a man, He humbled Himself by becoming obedient to the point of death, even death on a cross.*

- Jesus is God and was God when He came to earth.
- Jesus denied His own deity and emptied Himself as a ruler and heir to the throne of God.
- Throughout His life on earth, Jesus respected God the Father and gave Him the glory in everything He did.
- Jesus denied His own purity (sinlessness) by taking on the sins of man and enduring persecution and death on the cross.

We should be looking to Jesus as our example in life

Helpful Attitudes & Self Control

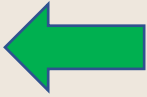
Self-Sacrifice and Self-Denial

- Having Self-Sacrifice and Self-Denial in our life provide two more valuable building blocks on our way to mastering Self-Control
- Knowledge of God's word is critical to developing the type of self-discipline necessary to give up anything that conflicts with the example of Jesus.
- A strong faith will enable us to withstand the temptations of the world and deny Satan a victory over us and over God.
- As we mature in moral excellence, our conscience becomes a better guide, dictated by Godly wisdom versus human wisdom.
- As previously stated, Self-Control is a series of building blocks consisting of: knowledge, discipline and maturity that should equip us to live a life patterned after our Lord Jesus.

Practical Living

Tools for Life – Self Control

Practical Living Topics...

- The Conscience
- Decision Making
- Self-Control
- Habits 
- Practical Topics (as chosen by students)

Do Questions Section 5B

WE WILL COVER THE ABOVE TOPICS BUT WILL TRY TO PUT A LITTLE MORE EMPHASIS ON
SELF-CONTROL

Helpful Attitudes & Self Control

Having a proper attitude is critical in developing self-control.

The more willing we are to do things God's way versus our way, the easier self-control should be to implement in our lives.

In our last lesson we reviewed Bible examples of:

- **Self-Sacrifice**; Things we would give up to do God's will
- **Self-Denial**; Things we say no to in order to develop a character like Christ

In this lesson we'll examine perhaps the most difficult, **Self-Discipline**

Training in the holy scriptures, and prayer, enable Christians to lead lives pleasing to God, and win the crown of eternal life reserved for those who are victorious over sin.

Helpful Attitudes & Self Control

Self-Discipline is Training oneself to be Godly

Romans 13:14 (NASB95) — **14** But put on the Lord Jesus Christ, and make no provision for the flesh in regard to its lusts.

- *Having the attributes of Jesus should leave no room for the worlds temptation.*

Ephesians 4:23–24 (NASB95) — **23** and that you be renewed in the spirit of your mind, **24** and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth.

- *If we put on the likeness of God, our old self can no longer live. We are NEW.*
- *By putting on God, we take on qualities of righteousness and truth.*
 - *These cannot coexist with sinfulness and falsehood.*

2 Timothy 1:7 (NASB95) — **7** For God has not given us a spirit of timidity, but of power and love and discipline.

- *Apostle Paul encourages Timothy to perform the work of the Lord*
- *Use the gifts God gives us. Don't be timid or shy to be known of God*
- *God gives us: power; love; discipline. We should let the world see these in us.*

We're made a better people by having Godly behaviors

Helpful Attitudes & Self Control

Self-Discipline and the Study of Scripture

Psalm 119:9–11 (NASB95) — **9** How can a young man keep his way pure? By keeping it according to Your word. **10** With all my heart I have sought You; Do not let me wander from Your commandments. **11** Your word I have treasured in my heart, That I may not sin against You.

- *If we're going to live a life pleasing to God, we must know what He expects.*
- *David's attitude of seeking God with all his heart, is how we should live our lives.*
- *It's less likely to disobey someone you know and love. We need to know God*

2 Timothy 3:16–17 (NASB95) — **16** All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; **17** so that the man of God may be adequate, equipped for every good work.

- *The Bible does not reference human wisdom as training in righteousness*
- *Holy scripture will give us the attributes necessary to serve God*
- *By knowing what God commands, self-discipline should be easier to achieve.*

God's word gives us what we need

Helpful Attitudes & Self Control

Self-Discipline is Controlling our Speech

Psalm 141:3 (NASB95) — 3 Set a guard, O LORD, over my mouth; Keep watch over the door of my lips.

- *We would probably get into a lot less trouble if the Lord could build guard for our mouth*

James 1:26(NASB95) — 26 If anyone thinks himself to be religious, and yet does not bridle his tongue but deceives his own heart, this man's religion is worthless.

- *Clearly, what comes out of our mouth defines the kind of person we are.*
- *Whatever claim we make to being like Jesus means nothing if our speech does not reflect the world*

Proverbs 12:18(NASB95) — 18 There is one who speaks rashly like the thrusts of a sword, but the tongue of the wise brings healing.

- *Our words can both harm and buildup.*
- *Thrusts of a sword are painful and can be deadly and what we say can do the same*
- *Our wisdom is reflected in what the world hears us say.*

Mastering what we say takes discipline

Helpful Attitudes & Self Control

Self-Discipline is Controlling Our Body

1 Corinthians 9:27 (NASB95) — 27 but I discipline my body and make it my slave, so that, after I have preached to others, I myself will not be disqualified.

- *Apostle Paul knew the importance of living what he taught.*
- *Our actions send a stronger message about our belief than our words.*
- *Discipline of actions is not limited to those that preach/teach. It's for all of us.*

Colossians 3:5 (NASB95) — 5 Therefore consider the members of your earthly body as dead to immorality, impurity, passion, evil desire, and greed, which amounts to idolatry.

- *This verse is almost an extension of 1 Corinthians 9:27*
 - *Sin is what disqualifies us from being right with God*
- *The “members” of our body that must be dead to immorality is not limited to:*
 - *Eyes, feet, hands and Arms*
 - *Our heart must be dead to seeking anything not approved by God*

Helpful Attitudes & Self Control

Examples of those who exercised Self-Discipline

Abraham

Genesis 22:9–14 (NASB95) — **9** Then they came to the place of which God had told him; and Abraham built the altar there and arranged the wood, and bound his son Isaac and laid him on the altar, on top of the wood. **10** Abraham stretched out his hand and took the knife to slay his son. **11** But the angel of the LORD called to him from heaven and said, “Abraham, Abraham!” And he said, “Here I am.” **12** He said, “Do not stretch out your hand against the lad, and do nothing to him; for now I know that you fear God, since you have not withheld your son, your only son, from Me.” **13** Then Abraham raised his eyes and looked, and behold, behind him a ram caught in the thicket by his horns; and Abraham went and took the ram and offered him up for a burnt offering in the place of his son. **14** Abraham called the name of that place The LORD Will Provide, as it is said to this day, “In the mount of the LORD it will be provided.”

- *Genesis 22:2 we see God’s direction to Abraham to “take your only son whom you love”, travel to the land of Moriah and offer him as a sacrifice.*
- *This account of God’s command to Abraham is both vivid and unsettling.*
- *Yet, we see Abraham’s compliance.*
- *To say Abraham had total trust in God is an understatement.*
- *Abraham’s discipline to follow God’s direction, is built on his knowledge of God.*

Abraham’s chilling example of discipline and trust in God

Helpful Attitudes & Self Control

Examples of those who exercised Self-Discipline

Uriah

2 Samuel 11:11–13 (NASB95) — **11** Uriah said to David, “The ark and Israel and Judah are staying in temporary shelters, and my lord Joab and the servants of my lord are camping in the open field. Shall I then go to my house to eat and to drink and to lie with my wife? By your life and the life of your soul, I will not do this thing.” **12** Then David said to Uriah, “Stay here today also, and tomorrow I will let you go.” So Uriah remained in Jerusalem that day and the next. **13** Now David called him, and he ate and drank before him, and he made him drunk; and in the evening he went out to lie on his bed with his lord’s servants, but he did not go down to his house.

- *The discipline of Uriah and his dedication to duty is an example we should aspire to.*
- *Uriah’s words in v.11 illustrate his personal character of responsibility*
 - *The ark, Israel and Judah are in temporary shelters*
 - *Uriah’s commander, Joab, and his army are camped in an open field*
- *Not only did Uriah understand his duty, he had the discernment to know what was at risk*

It’s critical to have self discipline to protect what’s important

Helpful Attitudes & Self Control

Examples of those who exercised Self-Discipline

Jesus

Philippians 2:5–8 (NASB95) — **5** Have this attitude in yourselves which was also in Christ Jesus, **6** who, although He existed in the form of God, did not regard equality with God a thing to be grasped, **7** but emptied Himself, taking the form of a bond-servant, and being made in the likeness of men. **8** Being found in appearance as a man, He humbled Himself by becoming obedient to the point of death, even death on a cross.

- *Jesus is God and was God when He came to earth.*
- *The discipline of Jesus caused Him to deny His own deity and “emptied” Himself as a ruler and heir to the throne of God.*
- *Throughout His life on earth, Jesus had the discipline to show respect for God the Father and gave Him the glory in everything He did.*
- *Jesus denied His own purity (sinlessness) by taking on the sins of man and enduring persecution and death on the cross.*

Jesus Christ, the supreme example of Self Discipline/Sacrifice/Denial

Helpful Attitudes & Self Control

Self-Discipline has it's Reward

1 Corinthians 9:25 (NASB95) — 25 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.

- *Competing requires self-control (discipline), and the reward from our Lord is eternal*

Philippians 3:14 (NASB95) — 14 I press on toward the goal for the prize of the upward call of God in Christ Jesus.

- *Apostle Paul's diligence in working toward that price from God thru Jesus Christ*

James 1:12 (NASB95) — 12 Blessed is a man who perseveres under trial; for once he has been approved, he will receive the crown of life which the Lord has promised to those who love Him.

- *Self-Sacrifice/Denial/Discipline are all attributes of persevering thru difficulties (trials)*
 - *Though difficult to endure, trials in life reflect our worthiness to God.*
- *We should have no doubt about eternal life is we live according to God's word, it is promised by our Lord.*

Obedience to God the Father and Jesus our Savior has it's reward

Helpful Attitudes & Self Control

Self-Sacrifice/Self-Denial/Self-Sacrifice

- By now it should be evident, mastering Self-Control, requires a range of effort.
- While knowledge, discipline and maturity are important aspects of Self-Control, we also must have the proper attitude.
- The Bible is clear about a Christians attitude of obedience and faithfulness to God, which means we need an understanding of those behaviors.

In our next lesson, we will look at: Reformation and Self-Examination

Practical Living

Tools for Life – Self Control

Helpful Attitudes & Self Control

This lesson continues our study about the attitudes that help us with self-control and make us stronger spiritually.

The Helpful Attitudes that we've explored so far, pertain to:

- **Self-Sacrifice;** Things we would give up to do God's will
- **Self-Denial;** Things we say no to in order to develop a character like Christ
- **Self-Discipline;** Using our knowledge of holy scripture to insure our: actions, decisions, and words, are pleasing to God.

In this lesson we'll examine:

- **Reformation;** Bringing religious practices and beliefs back into line with the word of God. As God's people, we should periodically review our beliefs and actions to insure we remain right in God's sight.
- **Self Examination;** Evaluating ourselves using God's word and the example of Jesus Christ. While introspection is a valuable attitude toward self-control, it's imperative to use a standard approved by God.

Helpful Attitudes & Self Control

Reformation; An Attitude of Self Control

Calls of reform to a nation.....

God's command to Gideon (*background*)

- Israel does evil in the sight of God by turning to idol (Baal) worship
- The Lord allows Midian to conquer Israel and maintain control over them
- An angel of the Lord appears to Gideon, reassuring him, God is with him
- Gideon is given a very specific set of actions to perform

Judges 6:25–27 (NASB95) — 25 Now on the same night the LORD said to him, “Take your father’s bull and a second bull seven years old, and pull down the altar of Baal which belongs to your father, and cut down the Asherah that is beside it; 26 and build an altar to the LORD your God on the top of this stronghold in an orderly manner, and take a second bull and offer a burnt offering with the wood of the Asherah which you shall cut down.” 27 Then Gideon took ten men of his servants and did as the LORD had spoken to him; and because he was too afraid of his father’s household and the men of the city to do it by day, he did it by night.

- *God blesses Gideon, enabling him to conquer Israel's enemies*
- **Judges 28:8** *Midian was subdued before the sons of Israel and the land was undisturbed for forty years in the days of Gideon.*

Reforms of a nation moving back to God

Helpful Attitudes & Self Control

Reformation; An Attitude of Self Control

Calls of reform to a nation.....

(background) Jehoiada priest in Judah when Joash assumed his throne as king

- Joash, son of Ahaziah, hidden from the death decree of his grandmother Athaliah
 - Jehoiada announces Joash as king of Judah and has Athaliah killed when she intervenes
 - This action made right several wrongs perpetuated by evil Athaliah, but more was needed
- 2 Kings 11:17–18 (NASB95) — 17 Then Jehoiada made a covenant between the LORD and the king and the people, that they would be the LORD’s people, also between the king and the people. 18 All the people of the land went to the house of Baal, and tore it down; his altars and his images they broke in pieces thoroughly, and killed Mattan the priest of Baal before the altars. And the priest appointed officers over the house of the LORD.**
- *The reform in Judah orchestrated by Jehoiada was more than physical, it was also spiritual*
 - *Jehoiada knew eliminating wickedness was only the first step, returning to worship approved by God was another:*
 - **2 Chronicles 23:18 Jehoiada placed the offices of the house of the Lord under authority of the Levitical priests, whom David had assigned over the house of the Lord, to offer burnt offerings of the Lord, as it is written in the law of Moses.**
 - *The benefits of these reforms are reflected in 2 Kings 11:20, So all the people rejoiced and the city was quiet. Lesson; we should expect a positive result when we return to the Lord.*

Reforms of a nation moving back to God

Helpful Attitudes & Self Control

Reformation; An Attitude of Self Control

Calls of reform to a nation.....

The Bible contains numerous accounts of people making reforms in their lives to again be right with God. But too often, reforms were only partially successful.

- Sometimes the reform initiated did not go deep enough

2 Kings 12:2–3 (NASB95) — 2 Jehoash did right in the sight of the LORD all his days in which Jehoiada the priest instructed him. 3 Only the high places were not taken away; the people still sacrificed and burned incense on the high places.

- *Jehoash (Joash) was only good as long as he had sound leadership (Jehoiada)*
- *Jehoash should have finished the reforms initiated by Jehoiada.*

Also, reforms as initiated by Gideon, did not last because they were “top down” instead of originating from within a persons heart

- If we want to make effective changes in life, we must believe in our need to change.

Judges 8:8 (NASB95) — 8 Then it came about, as soon as Gideon was dead, that the sons of Israel again played the harlot with the Baals, and made Baal-berith their God.

Successful reform is personal and comes from within

Helpful Attitudes & Self Control

Reformation; An Attitude of Self Control

Calls of reform to the church.....

1 Corinthians 5:1–13 (NASB95) — 1 It is actually reported that there is immorality among you, and immorality of such a kind as does not exist even among the Gentiles, that someone has his father's wife. 2 You have become arrogant and have not mourned instead, so that the one who had done this deed would be removed from your midst. 3 For I, on my part, though absent in body but present in spirit, have already judged him who has so committed this, as though I were present. 4 In the name of our Lord Jesus, when you are assembled, and I with you in spirit, with the power of our Lord Jesus, 5 I have decided to deliver such a one to Satan for the destruction of his flesh, so that his spirit may be saved in the day of the Lord Jesus. 6 Your boasting is not good. Do you not know that a little leaven leavens the whole lump of dough? 7 Clean out the old leaven so that you may be a new lump, just as you are in fact unleavened. For Christ our Passover also has been sacrificed. 8 Therefore let us celebrate the feast, not with old leaven, nor with the leaven of malice and wickedness, but with the unleavened bread of sincerity and truth. 9 I wrote you in my letter not to associate with immoral people; 10 I did not at all mean with the immoral people of this world, or with the covetous and swindlers, or with idolaters, for then you would have to go out of the world.

Churches are not immune from reform

Helpful Attitudes & Self Control

Reformation; An Attitude of Self Control

continued....

11 But actually, I wrote to you not to associate with any so-called brother if he is an immoral person, or covetous, or an idolater, or a reviler, or a drunkard, or a swindler—not even to eat with such a one. 12 For what have I to do with judging outsiders? Do you not judge those who are within the church? 13 But those who are outside, God judges. REMOVE THE WICKED MAN FROM AMONG YOURSELVES.

- *The church at Corinth had problems; allowing immorality in their midst*
- *They reflected an attitude of arrogance by letting this immorality continue*
- *The Apostle Paul was forcefully telling them to change “repent and return”.*
 - *They were to remove the wicked from among them.*

Churches are not immune from reform

Helpful Attitudes & Self Control

Reformation; An Attitude of Self Control

Calls of reform to the church.....

Jesus admonition to the church at Ephesus....

Revelation 2:4-5 (NASB95) — 4 “But I have this against you, that you have left your first love. 5 ‘Therefore remember from where you have fallen, and repent and do the deeds you did at first; or else I am coming to you and will remove your lampstand out of its place—unless you repent”.

- *V.4 They had left their first love.*
 - *Important to note they left or gave up their love for the Lord and truth*
 - *It’s not something they simply lost or became complacent*
 - *Clearly, reform by the church at Ephesus was necessary*
 - *This is a sobering example for us to keep the love of Jesus and truth ever present in our heart*

Churches are not immune from reform

Helpful Attitudes & Self Control

Reformation; An Attitude of Self Control

Calls of reform to individuals.....

James 1:21 (NASB95) — 21 Therefore, putting aside all filthiness and all that remains of wickedness, in humility receive the word implanted, which is able to save your souls.

- *Reform for Jesus is complete, getting rid of anything that separates us from Him*
- *The benefit of such commitment is salvation*

James 4:7–10 (NASB95) — 7 Submit therefore to God. Resist the devil and he will flee from you. 8 Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded. 9 Be miserable and mourn and weep; let your laughter be turned into mourning and your joy to gloom. 10 Humble yourselves in the presence of the Lord, and He will exalt you.

- *By submitting to God, reforming from sin should be more doable*
- *The sins that keep us from being right with God, should cause us sorrow*

We are each, responsible for our own salvation

Helpful Attitudes & Self Control

Review: Reformation

The desire to correct sin in our life and live according to God's command is the kind of attitude that will enable us to have a strong level of Self-Control.

- It's noteworthy that we are not born alienated from God
 - The choices we make that are not approved by God, causes us to lose favor with Him.
 - We must have a desire to reform our ways in order to gain His approval.
 - We must realize making reforms means overcoming unapproved/unhealthy actions/behaviors.
 - Reform might cause us discomfort, ridicule, alienation from friends/loved ones
 - The desire to change (reform) must be from within our own heart.

Mastering reform is a big step toward self-control

Helpful Attitudes & Self Control

Self-Examination; An Attitude of Self Control

The importance of self-examination...

- It's fitting we look at Self-Examination last in this series of Helpful Attitudes.
- Beneficial Self-Examination uses all of the personal attributes we reviewed in this series.
 - But for Self-Examination to be done properly, we must have knowledge of: God's commands and the exemplary life of Jesus. Without this, we put ourselves at risk.

Proverbs 11:1 - A false balance is an abomination to the Lord, But a just weight is His delight

- *This verse in Proverbs illustrates the detriment of assessing our: thoughts, words, actions, using the wrong standard.*

Haggai 1:5 (NASB95) — 5 Now therefore, thus says the LORD of hosts, "Consider your ways!

- *This message from Haggai the prophet was delivered to the Jews when they returned to Jerusalem from their exile in Babylon.*
- *They were tasked with rebuilding the Temple and after a good start, procrastinated*
- *God is telling the people; examine your priorities.*
- *Stop making decisions based on your needs and put God where he belongs; FIRST.*

Self-Examination is valuable when based on the proper standard

Helpful Attitudes & Self Control

Self-Examination; An Attitude of Self Control

The importance of self-examination...

2 Corinthians 13:5 (NASB95) — 5 Test yourselves to see if you are in the faith; examine yourselves! Or do you not recognize this about yourselves, that Jesus Christ is in you—unless indeed you fail the test?

- *False teachers in Corinth were challenging Paul to prove Jesus spoke thru him v.3.*
- *Instead, Paul turns this around stating each person should look within themselves and determine if Jesus is truly in their hearts.*

Matthew 7:5 (NASB95) — 5 “You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother’s eye.

- *Too often we are quick to judge someone else without first taking care of our own faults*
- *People around us see this. Especially brothers in sisters in the church.*
- *The term “hypocrite” is strong language, but applies if we see the faults of others, but not our own.*

Self-Examination is valuable when based on the proper standard

Helpful Attitudes & Self Control

Self-Examination; An Attitude of Self Control

God helps believers in their self examination....

Psalm 26:2 (NASB95) — 2 Examine me, O LORD, and try me; Test my mind and my heart.

Psalm 139:23–24 (NASB95) — 23 Search me, O God, and know my heart; Try me and know my anxious thoughts; 24 And see if there be any hurtful way in me, And lead me in the everlasting way.

- *If we base our self-examination on asking God to look into our hearts and remove: sinfulness; impurity; and self-centeredness... we will become more Christ like.*
- *These petitions to God, should be part of our personal prayer life as well.*
- *By being so open and forthright with God, asking him to look into our hearts, we should not be surprised when he points out behaviors that we don't want to admit.*

Self-Examination should begin by opening our hearts to God

Helpful Attitudes & Self Control

Self-Examination; An Attitude of Self Control

Self destructive use of self examination....

1 Samuel 15 Saul is given a mission by God to completely destroy the Amalekites

- **V.3** Thru Samuel the prophet, God gives Saul his mission
- **V.9** During the battle Saul decides to take Agag (king of Amalek) hostage and confiscate the choice livestock as spoils of war.
- **V.11** God regrets making Saul king of Israel and sends Samuel with a message
- **V.13** Saul's greeting to Samuel; "Blessed are you of the Lord! I have carried out the command of the LORD".
- **V.18-19** We see Samuel tell Saul that he did not obey God.
 - *Clearly Saul changed God's direction to fit what he wanted to do.*
 - *Looking at the way Saul greeted Samuel, it's obvious that Saul determined he had done what God commanded of him.*
 - *This example shows the devastating effects of interpreting God's command on our own terms or understanding.*
 - *Too often this is how we approach self-examination and we must use care to avoid this behavior*

Self-Examination is harmful when used as self-rationalization

Helpful Attitudes & Self Control

Reviewing Self-Examination

Self-Examination is a valuable tool in assessing every component of our behaviors.

We must look at ourselves through the standard of God's word and the life of our savior Jesus.

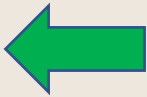
When used properly, Self-Examination will benefit us in all things: spiritual; family; friends; work; school; hobbies.

But, we must use care not to make Self-Examination a time for: self-promotion; self-pity; or developing negative thoughts toward others.

- These types of thoughts give our hearts over to the destructive ways of Satan

A Godly approach to Self-Examination is a healthy way toward Self-Control.

Practical Living Topics...

- The Conscience
- Decision Making
- Self-Control
- Habits 
- Practical Topics (as chosen by students)

Do Questions Section 7A

WE WILL COVER THE ABOVE TOPICS BUT WILL TRY TO PUT A LITTLE MORE EMPHASIS ON
SELF-CONTROL

Practical Living

Tools for Life – Self Control

Developing Self Control

As we consider various techniques in developing self control, previously we covered:

- Progressive Evaluation
- Not Self-Control but God-Control

Moving forward, we'll now look at the following:

- Replacement Method
- 12 Step Program
- Work Small to Big
- Rely on God's Protection

Developing Self Control

Replacement Method

This method tells us to replace one set of actions with a different and better set of actions. This is illustrated in the following verses.

Ephesians 4:21-32 The apostle Paul talking about the Christian's walk.....

21 *if indeed you have heard Him and have been taught in Him, just as truth is in Jesus,*

22 *that, in reference to your former manner of life, you **lay aside the old self**, which is being corrupted in accordance with the lusts of deceit,*

23 *and that you be renewed in the spirit of your mind,*

24 ***and put on the new self, which in the likeness of God** has been created in righteousness and holiness of the truth.*

25 *Therefore, **laying aside falsehood, SPEAK TRUTH EACH ONE of you** WITH HIS NEIGHBOR, for we are members of one another.*

26 *BE ANGRY, AND yet DO NOT SIN; do not let the sun go down on your anger,*

27 *and do not give the devil an opportunity.*

28 ***He who steals must steal no longer; but rather he must labor**, performing with his own hands what is good, so that he will have something to share with one who has need.*

29 ***Let no unwholesome word proceed from your mouth, but only such a word as is good for edification** according to the need of the moment, so that it will give grace to those who hear.*

Self Control is not something we are born with, it takes effort

Developing Self Control

Replacement Method

30 *Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.*

31 *Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.*

32 *Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.*

The Replacement Method is not just about stopping bad behavior, but filling the void with good behavior.

Doing specific tasks will reinforce the behavior and make it more habitual for us to do the same in the future.

It also trains us to recognize bad behavior before it happens, which strengthens our conscience.

- Using this method of self-control, we lay aside falsehood and speak truth instead (v 25)
- We are told to stop stealing and work for a living instead (v28)
- We are to stop using unwholesome words and instead use words of encouragement and edification (v29)
- We are to remove bitterness, wrath, anger, clamor, slander, and malice and instead be kind to one another and be tenderhearted and forgiving (v31-32)

Self Control is not something we are born with, it takes effort

Developing Self Control

12 Step Program

If you're wondering why a Bible class is touching on the "12 Step Program", please recall the theme of this class: Practical Living. From a practical perspective, Christians in need of professional counseling will often be faced with solutions that on the surface may not appear to be Bible based, but often in fact, are motivated by God's word.

The "12 Step Program" is one of those. The 12 step program is used by organizations such as Alcoholics Anonymous and other rehabilitation programs to help addicts recover and change their habits. The 12 step program, surprisingly enough, is based on the idea of a higher power such as God. Since it is such a wide-ranging program it would be more likely that the program would be based on a person taking control of their lives and "pulling themselves up by their bootstraps." However, the focus is not on what a person can or cannot do, but on turning control of your life over to a higher power (not man). The 12 step program steps are illustrated in the details below. The focus of the 12-step program is to take control of your life again, which is basically what we are studying about when we discuss self-control. In this case, the program is focused on recovering from addiction, but there are valuable insights to be learned to gain control of your life even if not addicted. It's noteworthy that an addiction could be described as a habit that has been taken to an extreme.

In trying to determine where the program originated, there are a few websites that contain scriptures along with the steps. A sampling of this is shown in the detailed description below. While the scriptures below reflect Psalm 51, various websites reference other scriptures as well. There is no data that shows a single example of a person using this system in the Bible. After researching Bible references, Psalms 51 seems to correlate with most if not all of the 12 steps. When applied to God and His word, it certainly looks like the 12-step program is biblically based. See the following data....

Developing Self Control

12 Step Program

1. We admitted we were powerless over sin—that our lives had become unmanageable.

Psalm 51:5 *Behold, I was brought forth in iniquity, And in sin my mother conceived me.*

2. Came to believe that a Power greater than ourselves could restore us to sanity.

Psalm 51:1-2 *(1) Be gracious to me, O God, according to Your lovingkindness; According to the greatness of Your compassion blot out my transgressions (2) Wash me thoroughly from my iniquity, And cleanse me from my sin.*

3. Made a decision to turn our will and our lives over to the care of God as we understood Him.

Psalm 51:7 *Purify me with hyssop, and I shall be clean; Wash me, and I shall be whiter than snow.*

Psalm 51:11 *Do not cast me away from Your presence, And do not take Your Holy Spirit from me.*

4. Made a searching and fearless moral inventory of ourselves.

Psalm 51:3 *For I know my transgressions, And my sin is ever before me.*

5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Psalm 51:14 *Deliver me from bloodguiltiness, O God, the God of my salvation*

Psalm 51:4 *Against You, You only, I have sinned, And done what is evil in Your sight.*

6. Were entirely ready to have God remove all these defects of character.

Psalm 51:10 *Create in me a clean heart, O God, And renew a steadfast spirit within me.*

Developing Self Control

12 Step Program

7. Humbly asked Him to remove our shortcomings.

Psalm 51:1 *Be gracious to me, O God, according to Your lovingkindness; According to the greatness of Your compassion blot out my transgressions.*

Psalm 51:17 *The sacrifices of God are a broken spirit; A broken and a contrite heart, O God, You will not despise.*

Psalm 51:9 *Hide Your face from my sins, And blot out all my iniquities.*

8. Made a list of all persons we had harmed, and became willing to make amends to them all.

Psalm 51:4 *Against You, You only, I have sinned, And done what is evil in Your sight, So that You are justified when You speak, And blameless when You judge.*

Psalm 51:16 *For You do not delight in sacrifice, otherwise I would give it; You are not pleased with burnt offering.*

9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

Psalm 51:13 *Then I will teach transgressors Your ways,*

Psalm 51:14 *Deliver me from bloodguiltiness, O God, the God of my salvation; Then my tongue will joyfully sing of Your righteousness.*

Developing Self Control

12 Step Program

10. Continued to take personal inventory and when we were wrong promptly admitted it.

Psalm 51:12 *Restore to me the joy of Your salvation*

Psalm 51:15 *O Lord, open my lips, That my mouth may declare Your praise.*

Psalm 51:8 *Make me to hear joy and gladness, Let the bones which You have broken rejoice.*

11. Sought through prayer and meditation to improve our conscious contact with God as we *understood Him*, praying only for knowledge of His will for us and the power to carry that out.

Psalm 51:12 *Restore to me the joy of Your salvation, And sustain me with a willing spirit.*

12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Psalm 51:13 *Then I will teach transgressors Your ways, And sinners will be converted to You.*

Disclaimer: The elders at Monte Vista believe God's word gives us everything we need to be successful in life and to flourish spiritually. Therefore, any references to human programs intended to deal with addictions should never be placed above God's wisdom and authority, rather the value is realized when God and man work in harmony.

Developing Self Control

Work Small to Big

Building Process based on small successes that build on each other.

Too often, we feel defeated in life (physically and spiritually) by trying to do it all at once.

We should keep in mind the wisdom in **2 Peter 1:1-11** where Peter lays out multiple steps to grow our faith and to deal with life's challenges. It doesn't happen all at once and there's several attributes we need to become strong christians. As stated in **v.3**, self-control is but one of those required to avoid the sin of the world.

Spiritual growth is a process as stated in: **Hebrews 5:12** *For though by this time you ought to be teachers, you have need again for someone to teach you the elementary principles of the oracles of God, and you have come to need milk and not solid food.*

- There's a progression of growth necessary to move from a basic understanding of God's word, to someone having a mature knowledge, enabling them to teach others.

But do we view developing Self-Control the same way? Do we see it as Working Small to Big?

An incremental approach to exerting self control

Developing Self Control

Work Small to Big

Self-control requires; knowledge, maturity (experience) and discipline. We need to develop these basic building blocks to prepare for the most challenging circumstances/temptations in life.

You have to respect the self-control Joseph had when Potiphar's wife made sexual advances toward him.

One of the most powerful statements made by Joseph showing his maturity is in **Genesis 39:9** - *How then could I do this great evil and sin against God?*

- Clearly, Joseph's respect for God gave him the maturity to exert a great amount of self-control when he needed it the most.
- That awareness takes time to develop and it's not something we are born to have.

An incremental approach to exerting self control

Developing Self Control

Work Small to Big

Another illustration of growing our self-control to deal with more threatening situations.....

1 Corinthians 10:13 *No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.*

- In this verse we see that God does not expect us to take on something more difficult than we can handle.
- God knows our capability and we need to trust that we won't be burdened with difficulties greater than we can bear.

Conversely, we should expect to face greater challenges as we grow and mature spiritually.

An incremental approach to exerting self control

Developing Self Control

Work Small to Big

As we view dealing with temptation in **1 Corinthians 10:13** in the context of developing self-control, we need to be mindful of the following:

- Temptation can be so isolating if we believe we are facing it alone.
 - But we're not alone, God is with us, if we are faithful to Him.
- If we believe God knows our limits, we must also have confidence we'll prevail over the temptations of life.
- There is always another way. Understanding this comes with maturity and it should provide comfort when we're faced with difficulty.

An incremental approach to exerting self control

Developing Self Control

Rely on God's Protection

If we are to rely on God, we must make God the center point of everything we do in life.

- Godly attitudes to the point of protecting us from the world, is more than just words, it must be an integral part of our daily lives.

Galatians 3:27 *For all of you who were baptized into Christ have clothed yourselves with Christ.*

- This idea of clothing ourselves in Christ.....
 - Fully embracing Christ and His ways
 - Wrapping His manners around us
 - Immersing ourselves in His teaching

None of us would go out of the house without clothes on, yet often we face the world without the protection of Christ our savior and God the Father.

Self control is easier to master with God on our side

Developing Self Control

Rely on God's Protection

So what are we putting on when we clothe ourselves in Jesus the Christ and God the Father?

Ephesians 4:22-24... The apostle Paul talking about the Christian's walk.....

(22) that, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit,

(23) and that you be renewed in the spirit of your mind,

(24) and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth

- Righteousness; Holiness; Truth
- Of course, to put on these Godly attributes, we first must put aside our old self
 - Corruption
 - Lusts of Deceit

Self control is easier to master with God on our side

Developing Self Control

But perhaps the most important thing we would do to **Rely on God's Protection**, is to put on the armor of God.

This is briefly mentioned by Paul in **Romans 13:12** *lay aside the deeds of darkness and put on the armor of light.*

A more complete description of God's armor can be found in **Ephesians 6:10-17**

(10) *Finally, be strong in the Lord and in the strength of His might.*

(11) *Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil.*

(12) *For our struggle is not against flesh and blood but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places.*

(13) *Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything to stand firm.*

(14) *Stand firm therefore, HAVING GIRDED YOUR LOINS WITH TRUTH, AND HAVING PUT ON THE BREASTPLATE OF RIGHTEOUSNESS,*

(15) *and having shod YOUR FEET WITH THE PREPARATION OF THE GOSPEL OF PEACE;*

(16) *in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one.*

(17) *And take the HELMET OF SALVATION, and the sword of the Spirit, which is the word of God.*

Self Control is easier to master with God on our side

Developing Self Control

Rely on God's Protection

From Paul's writing in Ephesians, we see God's armor is invaluable in achieving full self-control.

V.11 God's armor equips us to stand firm against the devil

V.13 God's armor enables us to resist evil

V.14 God's armor is truth and righteousness that keeps us from being led astray

V.15 God's armor is the preparation of the gospel which we stand in confidence against temptation

V.16 God's armor is faith that is not easily swayed by temptation

V.17 God's armor is the salvation we enjoy through Jesus Christ that should give us confidence to stay the course

Self Control is easier to master with God on our side

Developing Self Control

Rely on God's Protection

Final thought about putting our trust in God.....

James 4:7 *Submit yourselves therefore to God. Resist the devil, and he will flee from you.*


Satan has no control over the individual who has given God control. Satan has no effect on God.

By wearing the armor of God, we are able to defeat anything Satan may throw at us.

There is no greater Self Control available to man other than what God can provide.

Self Control is easier to master with God on our side

Practical Living Topics...

- The Conscience
- Decision Making
- Self-Control 
- Habits
- Practical Topics (as chosen by students)

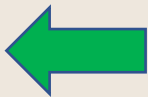
Do Questions Section 5B

WE WILL COVER THE ABOVE TOPICS BUT WILL TRY TO PUT A LITTLE MORE EMPHASIS ON
SELF-CONTROL

Practical Living

Tools for Life – Review

Practical Living Topics...

- The Conscience
- Decision Making
- Self-Control 
- Habits
- Practical Topics (as chosen by students)

Do Questions Section 5A

WE WILL COVER THE ABOVE TOPICS BUT WILL TRY TO PUT A LITTLE MORE EMPHASIS ON
SELF-CONTROL

Practical Living

Tools for Life – Harmful Attitudes for Developing
Self-Control

ATTRIBUTES THAT HARM THE DEVELOPMENT OF SELF-CONTROL

Attitudes for Developing Self-Control

- Helps for Self-Control

- Self-Sacrifice
- Self-Denial
- Self-Discipline
- Reformation
- Self-Examination

- Harms for Self-Control

- Selfishness
- Arrogance
- Pride
- Self-Righteousness

Harmful Attitudes for Developing Self-Control

The evil of Pride

- The sinfulness of pride

- It is condemned as evil

Proverbs 21:4 (NASB95) — **4** Haughty eyes and a proud heart, The lamp of the wicked, is sin.

Mark 7:22–23 (NASB95) — **22** deeds of coveting and wickedness, as well as deceit, sensuality, envy, slander, pride and foolishness. **23** “All these evil things proceed from within and defile the man.”

1 John 2:16 (NASB95) — **16** For all that is in the world, the lust of the flesh and the lust of the eyes and the boastful pride of life, is not from the Father, but is from the world.

Also see: 1 Samuel 15:23, James 4:16, Romans 1:29–30, 2 Corinthians 12:20, 2 Timothy 3:1–2

- It is a characteristic of Satan and the Anti-Christ

2 Thessalonians 2:4 (NASB95) — **4** who opposes and exalts himself above every so-called god or object of worship, so that he takes his seat in the temple of God, displaying himself as being God.

Also see: Ezekiel 28:2, 1 Timothy 3:6

PRIDE IS A SINFUL ATTITUDE THAT IS NOT A CHARACTERISTIC OF A CHRISTIAN

Harmful Attitudes for Developing Self-Control

- Warnings against Pride
 - Scriptures warning about Pride

Proverbs 16:18 (NASB95) — 18 Pride goes before destruction, And a haughty spirit before stumbling.

Proverbs 6:16–17 (NASB95) — 16 There are six things which the LORD hates, Yes, seven which are an abomination to Him: **17** Haughty eyes, a lying tongue, And hands that shed innocent blood,

Proverbs 26:12 (NASB95) — 12 Do you see a man wise in his own eyes? There is more hope for a fool than for him.

See Also: Proverbs 16:5, Proverbs 3:7, Proverbs 3:34, Proverbs 11:2, Proverbs 25:6–7, Proverbs 25:27, Proverbs 27:1, Proverbs 29:23, Psalm 119:21, Leviticus 26:19

Harmful Attitudes for Developing Self-Control

Other Scriptures about Pride

- Proud Talk

Matthew 23:12 (NASB95) — 12 “Whoever exalts himself shall be humbled; and whoever humbles himself shall be exalted.

Romans 12:16 (NASB95) — 16 Be of the same mind toward one another; do not be haughty in mind, but associate with the lowly. Do not be wise in your own estimation.

1 Corinthians 10:12 (NASB95) — 12 Therefore let him who thinks he stands take heed that he does not fall.

Also see: 1 Samuel 2:3, Psalm 12:2–3, Jeremiah 9:23–24, Psalm 5:5, Psalm 40:4, Psalm 138:6, Isaiah 5:21, Jeremiah 13:15–17

God opposes the proud

1 Peter 5:5 (NASB95) — 5 You younger men, likewise, be subject to your elders; and all of you, clothe yourselves with humility toward one another, for GOD IS OPPOSED TO THE PROUD, BUT GIVES GRACE TO THE HUMBLE.

Also see: James 4:6, Proverbs 3:34

PRIDE WILL RESULT IN UNSATISFACTORY OUTCOMES

Harmful Attitudes for Developing Self-Control

- The New Testament Excludes Pride and the Bible Rejects Pride

Luke 18:9–14 (NASB95) — **9** And He also told this parable to some people who trusted in themselves that they were righteous, and viewed others with contempt: **10** “Two men went up into the temple to pray, one a Pharisee and the other a tax collector. **11** “The Pharisee stood and was praying this to himself: ‘God, I thank You that I am not like other people: swindlers, unjust, adulterers, or even like this tax collector. **12** ‘I fast twice a week; I pay tithes of all that I get.’ **13** “But the tax collector, standing some distance away, was even unwilling to lift up his eyes to heaven, but was beating his breast, saying, ‘God, be merciful to me, the sinner!’ **14** “I tell you, this man went to his house justified rather than the other; for everyone who exalts himself will be humbled, but he who humbles himself will be exalted.”

Proverbs 8:13 (NASB95) — **13** “The fear of the LORD is to hate evil; Pride and arrogance and the evil way And the perverted mouth, I hate.

Romans 12:3 (NASB95) — **3** For through the grace given to me I say to everyone among you not to think more highly of himself than he ought to think; but to think so as to have sound judgment, as God has allotted to each a measure of faith.

Galatians 6:14 (NASB95) — **14** But may it never be that I would boast, except in the cross of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world.

Also See: Romans 3:27, Romans 4:2–3, Romans 11:17–20, 1 Corinthians 1:26–31, Ephesians 2:8–9, Psalm 101:5, Psalm 131:1, 1 Corinthians 13:4

PRIDE IS TO BE AVOIDED AND REJECTED

Harmful Attitudes for Developing Self-Control

Examples of Pride

- Pride in Status
 - Pharaoh – “..who is God” – **Exodus 5:2**
 - Naaman – he was furious over his treatment – **2 Kings 5:11**
 - Hezekiah – showed his treasure to all – **2 Kings 20:13, 2 Chronicles 32:25**
 - Haman – told his family about his importance to the king and queen – **Esther 5:11–12**
 - Moab – others had been told of the pride of Moab – **Isaiah 16:6, Jeremiah 48:29**
 - Babylon – bragged of their strength – **Isaiah 47:8**
 - Sodom – God spoke of their pride in self – **Ezekiel 16:49–50**
 - King of Tyre – he thought he was a god – **Ezekiel 28:2**
 - Assyria – their heart was haughty in their loftiness – **Ezekiel 31:3, Ezekiel 31:10**
 - Belshazzar – exalted himself against the Lord of heaven – **Daniel 5:23**
 - Edom – they thought nobody could defeat them – **Obadiah 3**
 - Nineveh – they were laid waste due to their pride – **Zephaniah 2:15**
 - Teachers of the law and the Pharisees – they loved to be honored – **Matthew 23:6–7, Luke 11:43**
 - Simon the sorcerer – he claimed to be someone great – **Acts 8:9**

THERE ARE MANY EXAMPLES OF PRIDE IN THE BIBLE

Harmful Attitudes for Developing Self-Control

Examples of Pride

- Pride in Strength
 - Goliath – looked down on David – **1 Samuel 17:42**
 - Amaziah – became proud over his victories – **2 Kings 14:9–10**
 - The King of Assyria – he thought he was greater than the gods – **2 Kings 18:33–35, Isaiah 10:13**
 - Israel – they overestimated their strength – **Isaiah 9:9–10, Hosea 10:13**
 - Nebuchadnezzar – he had built Babylon by his power – **Daniel 3:15, Daniel 4:30**
 - Peter – he overestimated his spiritual strength – **Matthew 26:33–35, John 13:37**
- Pride in Wisdom
 - The King of Assyria – “..for I have understanding...a mighty man” – **Isaiah 10:13**
 - The Athenians – the philosophers hearing something new – **Acts 17:21**
 - Wise Worldly People – they professed to be wise – **Romans 1:22**
 - Wise Corinthians – they thought they were wise – **1 Corinthians 1:20, 1 Corinthians 3:18**
- Proud Ambition
 - The King of Babylon – he would make himself like God - **Isaiah 14:13–14**
 - The anti-Christ – he displays himself as God - **2 Thessalonians 2:3–4**

EXAMPLES OF PRIDE SHOWING UP IN MANY DIFFERENT WAYS

Harmful Attitudes for Developing Self-Control

Examples of Pride

- Spiritual Pride
 - Jehu – showing off his zeal for the Lord – **2 Kings 10:16**
 - Job – he was convinced of his righteousness – **Job 32:1, Job 33:9**
 - Israel – they thought they were more righteous than God – **Isaiah 65:5**
 - Those who Sacrifice something – don't do it for show – **Matthew 6:2, Matthew 6:3, Matthew 6:16**
 - Teachers of the law and Pharisees – felt like they were better than everyone else – **Matthew 23:5, Matthew 23:30, Mark 12:40, Luke 16:14–15, Luke 18:9, Luke 18:11–12, John 9:40–41 (**
 - An expert in the law - wanted to justify himself – **Luke 10:29**
 - Jews – they were descendants of Abraham and privileged – **John 8:33, John 9:34, Romans 2:17–20**
 - False Teachers – they felt they were superior – **1 Corinthians 4:7, 1 Corinthians 4:18**
 - Laodicean church – they felt they needed nothing because they were doing it all – **Revelation 3:17**

EXAMPLES OF PRIDE SHOWING UP IN MANY DIFFERENT WAYS

Harmful Attitudes for Developing Self-Control

Results of Pride

- Pride leads to other forms of evil
 - Self-Deception

Galatians 6:3 (NASB95) — **3** For if anyone thinks he is something when he is nothing, he deceives himself.

Deuteronomy 8:17–18 (NASB95) — **17** “Otherwise, you may say in your heart, ‘My power and the strength of my hand made me this wealth.’ **18** “But you shall remember the LORD your God, for it is He who is giving you power to make wealth, that He may confirm His covenant which He swore to your fathers, as it is this day.

1 Timothy 6:3–4 (NASB95) — **3** If anyone advocates a different doctrine and does not agree with sound words, those of our Lord Jesus Christ, and with the doctrine conforming to godliness, **4** he is conceited and understands nothing; but he has a morbid interest in controversial questions and disputes about words, out of which arise envy, strife, abusive language, evil suspicions,

Also see: Isaiah 16:6, Isaiah 47:10, Jeremiah 49:16, 1 Corinthians 8:2

- Spiritual Blindness

Nehemiah 9:16 (NASB95) — **16** “But they, our fathers, acted arrogantly; They became stubborn and would not listen to Your commandments.

Also see: Jeremiah 43:2, Deuteronomy 8:14, Nehemiah 9:29

THE RESULT OF PRIDE IS NEGATIVE ATTITUDES THAT WORK AGAINST SELF-CONTROL

Harmful Attitudes for Developing Self-Control

Results of Pride

- Pride leads to other forms of evil

- A hard heart

Psalm 10:3 (NASB95) — 3 For the wicked boasts of his heart's desire, And the greedy man curses and spurns the LORD.

Also see: Psalm 36:2, Psalm 52:1, Daniel 5:20

- A malicious spirit

Psalm 140:5 (NASB95) — 5 The proud have hidden a trap for me, and cords; They have spread a net by the wayside; They have set snares for me. Selah.

Also see: Psalm 119:85, Psalm 73:8

- Contempt for others

Psalm 119:51 (NASB95) — 51 The arrogant utterly deride me, Yet I do not turn aside from Your law.

Also see: Psalm 123:4, Proverbs 21:24

- Quarreling

Proverbs 13:10 (NASB95) — 10 Through insolence comes nothing but strife, But wisdom is with those who receive counsel.

THE RESULT OF PRIDE IS NEGATIVE ATTITUDES THAT WORK AGAINST SELF-CONTROL

Harmful Attitudes for Developing Self-Control

Results of Pride

- Pride leads to other forms of evil

- Violence

Psalm 73:6 (NASB95) — 6 Therefore pride is their necklace; The garment of violence covers them.

Also see: Esther 3:5–6, Psalm 86:14

- Injustice

Psalm 119:78 (NASB95) — 78 May the arrogant be ashamed, for they subvert me with a lie; But I shall meditate on Your precepts.

Also see: Psalm 56:2

- Oppression

Habakkuk 2:4–5 (NASB95) — 4 “Behold, as for the proud one, His soul is not right within him; But the righteous will live by his faith. **5** “Furthermore, wine betrays the haughty man, So that he does not stay at home. He enlarges his appetite like Sheol, And he is like death, never satisfied. He also gathers to himself all nations And collects to himself all peoples.

Also see: Psalm 10:2, Psalm 119:122

- Contempt for God

2 Kings 19:22 (NASB95) — 22 ‘Whom have you reproached and blasphemed? And against whom have you raised your voice, And haughtily lifted up your eyes? Against the Holy One of Israel!

Also see: Psalm 10:4

THE RESULT OF PRIDE IS NEGATIVE ATTITUDES THAT WORK AGAINST SELF-CONTROL

Harmful Attitudes for Developing Self-Control

Results of Pride

- Pride may produce temporary prosperity

Psalms 73:3 (NASB95) — 3 For I was envious of the arrogant As I saw the prosperity of the wicked.

Psalms 10:5 (NASB95) — 5 His ways prosper at all times; Your judgments are on high, out of his sight; As for all his adversaries, he snorts at them.

- Pride ends in Disaster

Proverbs 16:5 (NASB95) — 5 Everyone who is proud in heart is an abomination to the LORD; Assuredly, he will not be unpunished.

Psalms 101:5 (NASB95) — 5 Whoever secretly slanders his neighbor, him I will destroy; No one who has a haughty look and an arrogant heart will I endure.

Proverbs 15:25 (NASB95) — 25 The LORD will tear down the house of the proud, But He will establish the boundary of the widow.

Proverbs 26:12 (NASB95) — 12 Do you see a man wise in his own eyes? There is more hope for a fool than for him.

Isaiah 13:11 (NASB95) — 11 Thus I will punish the world for its evil And the wicked for their iniquity; I will also put an end to the arrogance of the proud And abase the haughtiness of the ruthless.

Malachi 4:1 (NASB95) — 1 “For behold, the day is coming, burning like a furnace; and all the arrogant and every evildoer will be chaff; and the day that is coming will set them ablaze,” says the LORD of hosts, “so that it will leave them neither root nor branch.”

Luke 1:51–52 (NASB95) — 51 “He has done mighty deeds with His arm; He has scattered those who were proud in the thoughts of their heart. **52** “He has brought down rulers from their thrones, And has exalted those who were humble.

Also see: 2 Samuel 22:28, Job 40:11–12, Psalm 31:23, Proverbs 11:2, Proverbs 29:23, Isaiah 2:11–12, Isaiah 2:17, Isaiah 26:5, Zephaniah 3:11, 1 Timothy 3:6

THE OUTCOME OF PRIDE IS DISASTEROUS

Harmful Attitudes for Developing Self-Control

Results of Pride

- The proud will be humbled
 - Pharaoh – **Exodus 14:28, Nehemiah 9:10**
 - Uzziah – **2 Chronicles 26:16**
 - Egypt – **Ezekiel 30:6, Ezekiel 32:12**
 - Nebuchadnezzar – **Daniel 4:30–33**
 - Belshazzar – **Daniel 5:30**
 - Nineveh – **Amos 6:8, Zephaniah 2:15**
 - Assyria – **Zechariah 9:6, Zechariah 10:11**
 - Capernaum – **Matthew 11:23**
 - Herod – **Acts 12:21–23**
 - Babylon the Great – **Revelation 18:7–8**
 - The King of Assyria – **2 Chronicles 32:21, Isaiah 10:12, Isaiah 10:16**
 - Hezekiah – **2 Chronicles 32:25**
 - Haman – **Esther 7:10**
 - The women of Zion – **Isaiah 3:16–17**
 - The King of Babylon – **Isaiah 13:19, Isaiah 14:11–15**
 - Moab – **Isaiah 23:9, Isaiah 25:10–12**
 - Samaria – **Isaiah 28:1–3**
 - Babylon – **Isaiah 47:10–11, Jeremiah 50:31–32**
 - Judah and Jerusalem – **Jeremiah 13:9, Ezekiel 7:24**
 - Sodom – **Ezekiel 16:49–50**
 - The King of Tyre – **Ezekiel 28:5–9, Ezekiel 28:17**

THERE ARE MANY EXAMPLES OF THE PROUD BEING HUMBLLED

Harmful Attitudes for Developing Self-Control

Self-Righteousness

- The real issue of righteousness

Job 9:2 (NASB95) — 2 “In truth I know that this is so; But how can a man be in the right before God?

1 Samuel 6:20 (NASB95) — 20 The men of Beth-shemesh said, “Who is able to stand before the LORD, this holy God? And to whom shall He go up from us?”

- True righteousness is not the result of human effort or perfect law-keeping

- Even though God’s law tells people what God requires, human beings cannot keep it because of the weakness of their sinful human natures

Romans 3:20 (NASB95) — 20 because by the works of the Law no flesh will be justified in His sight; for through the Law comes the knowledge of sin.

Ephesians 2:8–9 (NASB95) — 8 For by grace you have been saved through faith; and that not of yourselves, it is the gift of God; **9** not as a result of works, so that no one may boast.

Titus 3:5 (NASB95) — 5 He saved us, not on the basis of deeds which we have done in righteousness, but according to His mercy, by the washing of regeneration and renewing by the Holy Spirit,

Also see: Romans 9:31, Galatians 2:16, Galatians 3:11, 1 John 2:16

SELF-RIGHTEOUSNESS WORKS AGAINST SELF-CONTROL

Harmful Attitudes for Developing Self-Control

Self-Righteousness

- Self-righteousness is a contradiction in terms

Ecclesiastes 7:20 (NASB95) — 20 Indeed, there is not a righteous man on earth who continually does good and who never sins.

Romans 3:10 (NASB95) — 10 as it is written, “THERE IS NONE RIGHTEOUS, NOT EVEN ONE;

Romans 3:23 (NASB95) — 23 for all have sinned and fall short of the glory of God,

Also see: Isaiah 64:6, 2 Chronicles 6:36, Ezra 9:15, Psalm 14:3, Daniel 9:7

- God calls people from their pretended self-righteousness

Jeremiah 17:5 (NASB95) — 5 Thus says the LORD, “Cursed is the man who trusts in mankind And makes flesh his strength, And whose heart turns away from the LORD.

Matthew 5:20 (NASB95) — 20 “For I say to you that unless your righteousness surpasses that of the scribes and Pharisees, you will not enter the kingdom of heaven.

Also see: Isaiah 2:22, Psalm 75:2–4

SELF-RIGHTEOUSNESS IS COMPLETELY CONTRARY TO BEING A CHRISTIAN

Harmful Attitudes for Developing Self-Control

Self-Righteousness

- What is True Righteousness

- It comes from God

Psalm 98:2 (NASB95) — 2 The LORD has made known His salvation; He has revealed His righteousness in the sight of the nations.

Jeremiah 9:23–24 (NASB95) — 23 Thus says the LORD, “Let not a wise man boast of his wisdom, and let not the mighty man boast of his might, let not a rich man boast of his riches; **24** but let him who boasts boast of this, that he understands and knows Me, that I am the LORD who exercises lovingkindness, justice and righteousness on earth; for I delight in these things,” declares the LORD.

Romans 1:17 (NASB95) — 17 For in it the righteousness of God is revealed from faith to faith; as it is written, “BUT THE RIGHTEOUS man SHALL LIVE BY FAITH.”

Also see: Romans 10:3, Isaiah 46:13, Isaiah 51:5

- It is grounded in Jesus Christ

1 Corinthians 1:30 (NASB95) — 30 But by His doing you are in Christ Jesus, who became to us wisdom from God, and righteousness and sanctification, and redemption,

2 Corinthians 5:21 (NASB95) — 21 He made Him who knew no sin to be sin on our behalf, so that we might become the righteousness of God in Him.

Also see: Acts 13:39

TRUE RIGHTEOUSNESS IS MUCH DIFFERENT THAN SELF-RIGHTEOUSNESS

Harmful Attitudes for Developing Self-Control

Self-Righteousness

- It comes about by faith and His word

Galatians 5:5 (NASB95) — **5** For we through the Spirit, by faith, are waiting for the hope of righteousness.

Romans 1:16-17 (NASB95) — **16** For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first and also to the Greek. **17** For in it *the* righteousness of God is revealed from faith to faith; as it is written, “BUT THE RIGHTEOUS *man* SHALL LIVE BY FAITH.”

Also see: Romans 5:1

- It is received in humility (e.g. opposite of pride)

1 Corinthians 4:7 (NASB95) — **7** For who regards you as superior? What do you have that you did not receive? And if you did receive it, why do you boast as if you had not received it?

Philippians 3:7–9 (NASB95) — **7** But whatever things were gain to me, those things I have counted as loss for the sake of Christ. **8** More than that, I count all things to be loss in view of the surpassing value of knowing Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them but rubbish so that I may gain Christ, **9** and may be found in Him, not having a righteousness of my own derived from the Law, but that which is through faith in Christ, the righteousness which comes from God on the basis of faith,


Also see: Luke 18:13–14, Romans 3:27, 2 Corinthians 11:30, Galatians 6:13–14, 2 Corinthians 12:9

TRUE RIGHTEOUSNESS IS MUCH DIFFERENT THAN SELF-RIGHTEOUSNESS

Practical Living

Tools for Life – Review

Practical Living Topics...

- The Conscience
- Decision Making
- Self- Control
- Habits 
- Practical Topics (as chosen by students)
 - Worry and Depression

WE WILL COVER THE ABOVE TOPICS BUT WILL TRY TO PUT A LITTLE MORE EMPHASIS ON
SELF-CONTROL

Practical Living

Tools for Life – Habits and Addictions

ATTRIBUTES THAT HARM THE DEVELOPMENT OF SELF-CONTROL

Habits and Addictions

- Definitions
- Habits vs Addictions
- Habits
- Transition from Habits to Addictions
- Addictions
- Summary

Habits and Addictions

- Definitions

- Habits

- Learned patterns of behavior so often repeated that they are typical of a person
 - Habits are based on our thinking and therefore they reflect our hearts
 - Habits can be good or bad and can therefore be helpful or detrimental to our self-control

- Addictions

- Compulsive, enslaving dependence on something resulting in detrimental patterns of thinking and behavior
 - Substance addictions – alcohol, tobacco, drugs, inhalants, etc.
 - Process addictions – gambling, eating, shopping, sex, etc.
 - Addictive behavior results in a corrupt way of life
 - Addictive behavior will cause us to have self-control problems
 - Dual or poly addiction refers to having 2 or more addictions at once

HABITS CAN BE GOOD OR BAD BUT ADDICTIONS ARE ALWAYS BAD

Habits and Addictions

- Definitions
 - Loss of Self-Control with Addictions
 - Addictions can multiply because of the compromised state we are in with our self-control
 - The underlying causes make us susceptible to other addictions
 - Difference between a common habit and an addiction
 - The amount of time it takes from our everyday life
 - The power it has over your life
 - The negative impact it has over your life
 - An Addiction puts “itself” on the throne in place of God
 - It focuses our spiritual life on the addiction
 - It takes God’s power in our lives away and gives it to the addiction
 - It provides the impact to our lives instead of God and His word

ADDICTIONS CREATE A TERRIBLE SELF-CONTROL AND SPIRITUAL ISSUE

Habits and Their Affects

- 5 Categories of Habits
 - Good Habits
 - Harmless Habits
 - Heart Habits
 - Hidden Habits
 - Hard Habits / Addictions

HABITS ARE NOT ALL THE SAME

Habits and Their Affects

- Positive Benefits of Habits
 - Can be beneficial and profitable
 - Can be passed down from generation to generation
 - Can reflect devotion to God
 - Can increase consistency and strengthen character
 - Are a choice
 - Are a reflection of the will
 - Can be a positive witness to others
 - Can result in being acceptable to God

HABITS CAN BE VERY POSITIVE

Habits and Their Affects

- Negative or Destructive Aspects of Habits or Addictions
 - Can be evil and destructive
 - Are the result of bad choices repeated over and over
 - Can lead hearts astray
 - Can hold people captive
 - Can cover people in darkness
 - Can enslave people
 - Can hold mastery over us
- But there is hope...
 - Can be overcome in Christ

HABITS CAN BE VERY NEGATIVE

Habits and Their Affects

- **IDENTIFYING HARMFUL HABITS**

- Are my thoughts consumed with it?
- Is my time scheduled around it?
- Could my health be harmed by it?
- Does my guilt increase because of it?
- Are my finances affected by it?
- Am I defensive when asked about it?
- Are my relationships hurt by it?
- Am I upset when I can't do it?
- Is my spiritual growth hindered by it?
- Have I been asked to stop it?
- Would I discourage my children from doing it?
- Do I hide it from others?
- Would Jesus avoid doing it?
- Does it diminish my witness for Christ?

WITH PROPER INTROSPECTION AND SELF-EXAMINATION, HARMFUL HABITS CAN BE IDENTIFIED

Habits and Their Affects

- **HOW TO DEVELOP AND DEMONSTRATE GOOD HABITS**
 - Moral Sensitivity
 - Accountability
 - Gratefulness
 - Forgiveness
 - Selflessness
 - Communion with God

- Contentment

WITH PROPER INTROSPECTION AND SELF-EXAMINATION, HARMFUL HABITS CAN BE IDENTIFIED

The Transition From Habits to Addictions

- **THE TRANSITION FROM HABITS TO ADDICTIONS**

Inclination	A natural desire compelling a person to act a certain way under a given set of circumstances. The Bible says everyone comes into this world with natural inclinations to sin.
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Impulse	A sudden, spontaneous inclination to act impetuously.
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Habit	A pattern of behavior acquired by frequent repetition.
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Obsession	A persistent, disturbing preoccupation with an unreasonable idea.
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Compulsion	An irresistible, irrational impulse to act against one's own will.
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Addiction	A compulsive, overpowering dependence on an object, an action, or a feeling, resulting in major life problems.
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THERE IS A PROGRESSION FROM HAVING INCLINATIONS TO ADDICTIONS

The Transition From Habits to Addictions

- **WHAT ARE THE SIGNS THAT HABITS HAVE BECOME ADDICTIONS**
 - “Have I stopped the habit in the past, only to consistently relapse?”
 - “Have I become abnormally preoccupied with the habit?”
 - “Have I continued the habit in spite of suffering its negative consequences?”
 - “Have I engaged in the habit more and more often over time in order to achieve the same mood-altering experience I had in the beginning?”
 - “Have I practiced the habit primarily because it changes my mood or comforts me?”
 - “Have I persisted in the habit even though it is harmful to me?”
 - “Have I begun hiding the habit from those closest to me?”
 - “Have I neglected relationships in order to accommodate the habit?”
 - “Have I considered getting help for the habit?”
 - “Have I ever experienced problems at work because of the habit?”

WITH PROPER INTROSPECTION AND SELF-EXAMINATION, ADDICTIONS CAN BE IDENTIFIED

Addictions and Their Affects

- **ALL ADDICTIONS ARE ...**

H—HABITUAL: They occur with regularity.

A—AUTOMATIC: They happen without thinking.

B—BEHAVIORAL: They outwardly reflect inner morals and character.

I—INTENSE: They grow stronger and more ingrained with repetition.

T—TENACIOUS: They persist and become hard to change over time.

S—SATISFYING: They are purposeful and provide a degree of pleasure.

ADDICTIONS ARE INTENSE AND TENACIOUS

Addictions and Their Affects

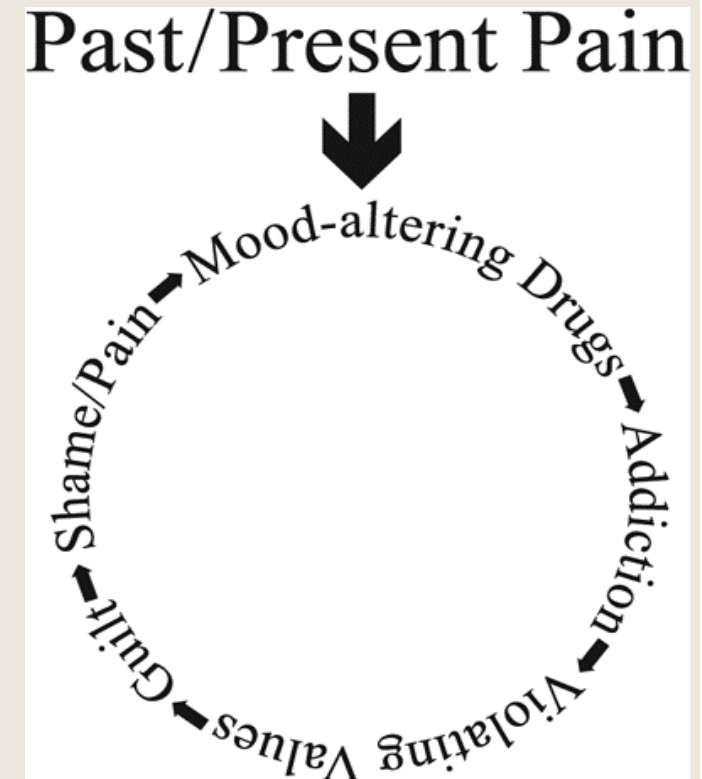
- **SOME OF THE CHARACTERISTICS OF THOSE CONTROLLED BY ADDICTIONS**
 - Mastered by multiple bad habits
 - Don't obey the law or those in authority
 - Think their addictions resolve their problems and give them peace
 - Don't keep their bodies pure or treat them with respect
 - Don't practice self-denial, self-discipline, self-control

THERE ARE OTHER SIGNS THAT A PERSON MIGHT BE CONTROLLED BY ADDICTIONS

Addictions and Their Affects

- The Cycle of Addiction

- **Past Pain** ... motivation for finding a way to ease the continual hurt of past experiences —“I can no longer cope with what happened in my past unless I find something to ease the pain.”
 - **Mood-altering activity** ... attempting to temporarily relieve emotional or psychological pain —“I hate the way I feel and the tormenting thoughts I have—I must escape them if only temporarily.”
 - **Addiction** ... unbridled participation in mood-altering activities on a regular basis —“I am compelled to keep increasing my participation ... to better mask the pain I feel.”
 - **Violating values** ... breaking your own personal convictions by engaging in mood-altering addictive behaviors —“I will do whatever I have to do in order to attain this feeling—I must have it!”
 - **Guilt** ... feeling conscience-struck for having wrong attitudes and committing wrong actions —“I realize I have been wrong and have committed wrongful acts.”
 - **Shame** ... believing that you are a bad person who is without worth or hope because of your addictions —“I know I have no value and there is nothing good in me, only bad.”
 - **Present Pain** ... motivation for finding a way to ease the continual pain produced by the shame that accompanies addictive behaviors —“I hate living with this painful shame. I must do something—anything—to feel better.”
-
- And the cycle is complete ... only to be repeated again and again and again....



THE CYCLE IS DIFFICULT TO BREAK

Addictions and Their Affects

- **Factors that Make it Difficult to Stop Addictive Behavior**

- ***SELF-DEFEATING THOUGHTS***

- “I cannot control this habit. It’s simply too strong for me.”
- “It shouldn’t be this difficult to change; something must be wrong with me.”
- “I don’t have what it takes to overcome this habit.”
- “I’ll never be able to overcome this habit without God’s supernatural healing.”
- “It’s unfair that I have to deny myself the enjoyment of this activity.”
- “My desires are too strong for me to ever deny them.”
- “I can’t stand going without the pleasure this habit gives me.”
- “I’m not worth all this trouble, effort, and pain anyway, so why try to change?”
- “God knows I am too weak to overcome this habit.”
- “I’m just a loser anyway.”
- “God won’t help someone like me.”
- “I’ve been doing this far too long to try to change now.”
- “This has just become a part of who I am.”
- God understands that this is too difficult for me to change.”

SELF-DEFEATING THOUGHTS CAN MAKE IT HARD TO STOP ADDICTIVE BEHAVIOR

Addictions and Their Affects

- **Factors that Make it Difficult to Stop Addictive Behavior**
 - ***EXCUSES***
 - “This makes me feel better and, besides, I deserve it.”
 - “A lot of people do this; after all, no one is perfect.”
 - “This habit is caused by my past. I really can’t help it.”
 - “It’s useless to try to change or quit.”
 - “I can control this anytime. I’ll change when I’m ready.”
 - “I don’t want to try to quit and risk finding out I can’t.”
 - “Doing it one last time won’t make any difference.”
 - “What I’m doing is not really that bad. A lot of people do worse things.”
 - “I’ve not been able to change before, so why try now?”
 - “Everyone needs at least one vice.”
 - “If I give this up, something worse will just take its place.”
 - “This is not a good time for me to try to change.”
 - “I don’t have the time to focus on this right now.”

OUR OWN EXCUSES CAN MAKE IT HARD TO STOP ADDICTIVE BEHAVIOR

Addictions and Their Affects

- **Causes of Addictive Behavior**
 - ***ATTEMPTING TO SATISFY INNER NEEDS***
 - Love
 - Sexual activity
 - Pornography
 - Drug use
 - Overeating
 - Significance
 - Performance
 - Popularity
 - Position
 - Power
 - Security
 - Possessions
 - Property
 - Money
 - People

SOMETIMES ADDICTIVE BEHAVIORS ARE US TRYING TO SATISFY OUR INNER NEEDS USING UNNATURAL METHODS

Addictions and Their Affects

- **Biblical Solutions to Habits and Addictions**

- ***ALLOW GOD TO SATISFY INNER NEEDS***

- Love
- Significance
- Security

- ***DEVELOP A STRONG SPIRIT IN GOD***

- ***DECLARE FREEDOM FROM THINGS THAT HINDER SUCCESS***

- ***DEVELOP SUCCESS IN SELF-CONTROL***

- ***TRANSFORM YOUR LIFE***

- ***BREAK BAD HABITS***

AS WITH EVERYTHING, GOD PROVIDES THE SOLUTIONS TO THESE ISSUES

Addictions and Their Affects

- **Biblical Solutions to Habits and Addictions**

- ***DECLARE FREEDOM FROM THINGS THAT HINDER SUCCESS (GALATIANS 5:13–17)***

- **You are called** to be free ...
 - Choosing to not indulge your fleshly desires or satisfy your selfish wants
 - Choosing to serve others with true humility out of genuine love for them, v. 13
- **You are commanded** to love others ...
 - Loving others as yourself is the foundation on which all laws are based.
 - Loving others summarizes the entire Law of God., v. 14
- **You are warned** about failing to love ...
 - Not loving each other can lead to fighting and devouring one another.
 - Not loving each other will ultimately lead to destroying one another., v. 15
- **You are told** how to live ...
 - Being fully yielded to the power and control of the Holy Spirit within you
 - Being victorious over your natural sinful desires in the power of the Holy Spirit, v. 16
- **You are engaged** in internal conflict ...
 - Understanding that your natural inclinations are in conflict with those of the Holy Spirit
 - Understanding your need to choose to obey the Spirit and oppose the flesh., v. 17

GOD'S WORD TELLS US WE ARE CALLED TO FREEDOM

Addictions and Their Affects

- **Biblical Solutions to Habits and Addictions**

- ***DEVELOP SUCCESS IN SELF-CONTROL***

- **Start** with a commitment to truth, admitting what habit God wants you to change.
 - Believe: God wants only what is best for you.
 - Believe: God has the desire and power to help you.
 - Believe: God doesn't punish you, but will discipline you.
 - Believe: God is faithful, perfect, good, and just.
 - **Personalize:** *"The Rock! His work is perfect, For all His ways are just; A God of faithfulness and without injustice, Righteous and upright is He."* (Deuteronomy 32:4).
- **Separate** your sinful habit, writing out what it's costing you.
 - Repent (change your thinking) and confess your habit as sinful.
 - Realize that yielding to your habit makes you a slave to sin.
 - Review the negative consequences of your habit regularly.
 - Read and memorize Psalm 1.
 - **Personalize:** *"What shall we say then? Are we to continue in sin so that grace may increase? 2 May it never be! How shall we who died to sin still live in it?"* (Romans 6:1–2).
- **Set** a new goal, picturing yourself establishing the new habit.
 - Make it your goal to be empowered by God.
 - Make it your goal to please God.
 - Make it your goal to depend on God.
 - Make it your goal to do the will of God.
 - **Personalize:** *"9 Therefore we also have as our ambition, whether at home or absent, to be pleasing to Him. 10 For we must all appear before the judgment seat of Christ, so that each one may be recompensed for his deeds in the body, according to what he has done, whether good or bad."* (2 Corinthians 5:9–10).
- **Stand** on the truth, setting a time to begin.
 - Know: In Christ you are set free from the penalty of sin.
 - Know: In Christ you are set free from the power of sin.
 - Know: In Christ you are "dead to sin."
 - Know: In Christ you no longer have to be a slave to sin.
 - Read Romans chapters 6, 7, and 8, and write down every verse in which Paul indicates your freedom from sin.
 - **Personalize:** *"knowing this, that our old self was crucified with Him, in order that our body of sin might be done away with, so that we would no longer be slaves to sin;..."* (Romans 6:6).

SELF-CONTROL IS A CRUCIAL SKILL EVEN TOWARD BREAKING BAD HABITS AND ADDICTIONS

Addictions and Their Affects

- **Biblical Solutions to Habits and Addictions**

- **DEVELOP SUCCESS IN SELF-CONTROL**

- **Substitute** God's thoughts for your thoughts, identifying your weak points.

- When you are tempted by a habit, remember ...

- "No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it."* (1 Corinthians 10:13).

- When you think you are powerless over a habit, say ...

- "He gives strength to the weary, And to him who lacks might He increases power."* (Isaiah 40:29).

- When you think you've had the habit too long to change, claim ...

- "Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come."* (2 Corinthians 5:17).

- When you begin to rationalize that the habit is okay, admit ...

- "1 Therefore, since Christ has suffered in the flesh, arm yourselves also with the same purpose, because he who has suffered in the flesh has ceased from sin, 2 so as to live the rest of the time in the flesh no longer for the lusts of men, but for the will of God."* (1 Peter 4:1–2).

- When you think no one will know about the habit, understand ...

- "And there is no creature hidden from His sight, but all things are open and laid bare to the eyes of Him with whom we have to do."* (Hebrews 4:13).

- When you have given in to a habit, realize ...

- "The LORD sustains all who fall And raises up all who are bowed down."* (Psalm 145:14).

- **Personalize:** *"... 1 Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. 2 And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect."* (Romans 12:1–2).

- **Surrender** your will to God and seek out an accountability partner.

- Acknowledge that you belong to God.

- Acknowledge that God has authority over all your thoughts, words, desires, time, money, actions, relationships, and possessions.

- Acknowledge that the decision to change is yours.... You are making a choice!

- Acknowledge that you have the actual presence of God's Spirit in you to help you make the right choice!

- **Personalize:** *"I am speaking in human terms because of the weakness of your flesh. For just as you presented your members as slaves to impurity and to lawlessness, resulting in further lawlessness, so now present your members as slaves to righteousness, resulting in sanctification."* (Romans 6:19).

- **Stay** on track, practicing your new habit daily for three months.

- Avoid taking pride in gaining victory over your habit.

- Avoid thinking you have control over what caused your habit.

- Avoid thinking it will be okay to occasionally indulge the habit.

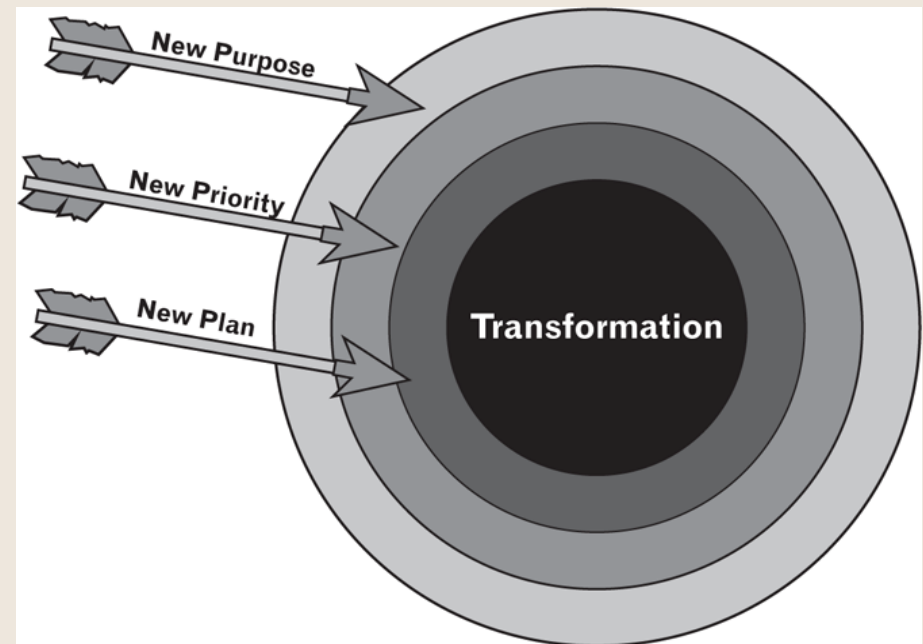
- Avoid moving out from under God's grace into self-sufficiency.

- **Personalize:** *"1 Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, 2 through whom also we have obtained our introduction by faith into this grace in which we stand; and we exult in hope of the glory of God."* (Romans 5:1–2).

SELF-CONTROL IS A CRUCIAL SKILL EVEN TOWARD BREAKING BAD HABITS AND ADDICTIONS

Addictions and Their Affects

- **Biblical Solutions to Habits and Addictions**
 - **TRANSFORM YOUR LIFE**
 - **Target #1—A New Purpose:** God's purpose for me is to be conformed to the character of Christ.
 - "I'll do whatever it takes to be conformed to the character of Christ."
 - **Target #2—A New Priority:** God's priority for me is to change my thinking.
 - "I'll do whatever it takes to line up my thinking with God's thinking."
 - **Target #3—A New Plan:** God's plan for me is to rely on Christ's strength, not my strength, to be all He created me to be.
 - "I'll do whatever it takes to fulfill His plan in His strength."



A LIFE TRANSFORMED TO GOD'S WILL WILL HELP LIMIT OR ELIMINATE ADDICTIONS – SOMETIMES A TRANSFORMATION IS NEEDED INSTEAD OF AN ADJUSTMENT

Addictions and Their Affects

- **Biblical Solutions to Habits and Addictions**

- **HOW TO BREAK A BAD HABIT**

- **Will** to do God's will.
 - Commit your will to God.
 - Regularly remind yourself of your heart's desire to do God's will.
- **Ask** God for wisdom to know and accomplish His will.
 - Discern God's priorities and plans for breaking the bad habits in your life.
 - Seek God's will regarding the best strategy for breaking each identified habit.
- **Accept** by faith that God has already given you the wisdom you need.
 - Reject any thoughts that suggest you may not be able to break your habit.
 - Believe that God is guiding and enabling you to succeed.
- **Write** out the strategy that God has placed on your heart.
 - Write down the first particular habit you plan to change and make a list of the reasons you want to change it.
 - Detail the steps you will take and the various strategies you will employ.
- **Identity** the wrong beliefs supporting your habit.
 - Recall the time, circumstances, and your internal dialogue surrounding the starting of this habit.
 - Replace each wrong belief with a biblically accurate belief.
- **Plan** ways to remove possible reinforcements of your bad habit.
 - Make a list of the physical, emotional, and mental rewards reinforcing your habit.
 - Negate rewards for the bad behavior by replacing them with negative repercussions and instituting rewards for engaging in a desired behavior.
- **Share** your plan with an accountability partner.
 - Enlist the help of a mature Christian to help strengthen and support you in your efforts and to correct you when you veer off course.
 - Commit to being completely honest and forthright about your successes and failures.
- **Resolve** to stay the course.
 - Have no expectation that your fleshly desires will die or will accept defeat quietly, quickly, or easily.
 - Put on the full armor of God on a daily basis as you wage war against the world, the flesh, and the devil.
- **SAY "NO" WITH THE HELP OF GOD AND THE ENCOURAGEMENT OF HIS PEOPLE**

BREAKING A BAD HABIT IS A GOOD PREVENTIVE MEASURE TO PREVENT IT FROM BECOMING AN ADDICTION LATER ON

Addictions and Their Affects

- **Biblical Solutions to Habits and Addictions**

- **BREAK BAD HABITS**

- **EXAMPLE: BREAKING THE HABIT OF SMOKING – MISSING THE TARGET**

- Check out your thoughts and self-talk to see if they are causing you to miss the target....
 - “I must quit smoking!”
 - “I’ll never pick up a cigarette again.”
 - “Christians look down on smokers.”
 - “I will stop thinking about cigarettes.”
 - “God is ashamed of me for smoking.”
 - “God will punish me for smoking.”
- Those who break the habit of smoking either “taper off” or go “cold turkey.”
 - **“TAPERING OFF”**
 - “I will give Christ increasing control of my life ... and my smoking habit in order to taper off gradually by ...
 - **Carrying** a limited number of cigarettes for each day along with a gradual cutback schedule
 - **Limiting** buying cigarettes to only certain days of the month
 - **Buying** only one pack at a time
 - **Entrusting** my cigarettes to a friend so that I have to ask for one or by keeping them in an inconvenient place
 - **Setting** restrictions on when, where, and around whom I will smoke (outside, when I take a walk around the block, not around loved ones, etc.)
 - **Breaking** patterns of when I would normally smoke (not smoking while on the phone, immediately after a meal, in the car, before going to sleep)
 - **Making** myself accountable to someone who is willing to help
 - **Memorizing** and personalizing 1 Corinthians 6:19–20 and dwelling on it when I want a cigarette.”
 - **GOING “COLD TURKEY”**
 - “I will give Christ total control of my life and my smoking habit in order to quit ‘cold turkey’ by ...
 - **Refusing** to purchase cigarettes
 - **Avoiding** looking at cigarette ads
 - **Choosing** not to dwell on the ‘comfort’ of smoking
 - **Doing** another preplanned activity when I desire a cigarette (especially doing something with my hands)
 - **Finding** a substitute for wanting something in my mouth (chewing gum, hard candy, ice, or a toothpick)
 - **Eliminating** the unnecessary activities that cause me to want to smoke
 - **Memorizing** Romans 14:21 and 1 Corinthians 6:12.”

SOME OF THE BEHAVIORS THAT CAN BE EMPLOYED IN BREAKING BAD HABITS AND EVEN ADDICTIONS

Summary – Habits and Addictions

- **Summary**

- Habits can be very good and can help us be better Christians in God's sight.
- Habits can also be bad and can keep us stuck in a bad cycle of doing things that we know we should not do.
- Addictions are always bad and usually are the result of a habit that got out of control or an attempt to meet a need that we thought could be satisfied outside of God's law.
- Developing good habits and breaking addictions takes a great deal of self-control and effort.
 - Sometimes we need help from others to get us where we need to be.
- Draw near to God and He will draw near to you. This is the secret to success!!

Credits

- **This study was based on a book from June Hunt entitled “Habits and Addictions”**
 - **The topics were rearranged into a different order with some material being eliminated due to time constraints or due to scriptural issues**
 - **Some material was added to further make some points**

Depression

Walk from darkness into the light!

Study Content

- Depression Defined
- Characteristics of Depression
- Causes of Depression
- Biblical Steps to Solutions

Walk from darkness into the light!

Expectations

- Confidentiality
- Respectfulness
- Prayer
- Participation -(respecting time)
- Pre-work/Homework
- Not all problems will be solved or questions answered.

Walk from darkness into the light!

Depression - How it feels

- ◆ Feel the Weight of the World
- ◆ Feel Stuck
- ◆ Can't See the Light
- ◆ Can't See Good
- ◆ Can't Feel Happiness
- ◆ Feel Down

Doesn't Matter:

- ▶ Tall
- ▶ Short
- ▶ Skinny
- ▶ Fat
- ▶ Pretty
- ▶ Ugly
- ▶ Black
- ▶ White
- ▶ Poor
- ▶ Rich (even a King)

Can Anything Bring Back The Blue Skies of Contentment?

Psalm 42:11 (NAS): Why are you in despair, O my soul?

And why have you become disturbed within me?

Hope in God, for I shall yet praise Him,
The help of my countenance and my God.

Walk from darkness into the light!

PRE WORK / Discussion

1. How did David describe his depression and his relationship with God during his depression?
Psalm 42
2. David found help in bringing his difficult emotions to God. As a prayer to God, describe your experience (or that of a loved one) with depression.
(What was /or is it like? What did (or do) you feel, think, and do?)

Psalm 42:11 (NAS): Why are you in despair, O my soul?
And why have you become disturbed within me?
Hope in God, for I shall yet praise Him,
The help of my countenance and my God.

Walk from darkness into the light!

WHAT IS DEPRESSION

1. Normal Stress and Situational Depression - “Presses down on heart”
(Designed and Able to Rebound)
2. Heart not designed to live under weight of heavy pressure for long periods of time!
(Hope seems elusive, emotions feel flat, & heart feels sick.)

Proverbs 13:12 (ESV):
“Hope deferred makes the heart sick...”

Walk from darkness into the light!

DEFINITIONS OF DEPRESSION

1. Depression is a condition of being literally “PRESSED DOWN” to a lower position.
(Like a foot print.)



2. Depression can refer to a state of decline and reduced activity.
(A housing market can be depressed.)



3. STRONGS Greek - βαρέω bareō; from 926; to weigh down:
burdened(3), heavy(1), overcome(1), weighted down(1).
(Paul used the Greek word Bareo in 2 Corinthians.)

2 Corinthians 1:8-9 (NAS):

For we do not want you to be unaware, brethren, of our affliction which came to us in Asia, that we were burdened excessively, beyond our strength, so that we despaired even of life; indeed, we had the sentence of death within ourselves so that we would not trust in ourselves, but in God who raises the dead;

Walk from darkness into the light!

Depression timeline - to our "Psychological Depression"

- ◆ Ancient Writings - Melancholia "black bile"
 - ◆ Second Century - Aretaeus tried to analyze depression.
 - ◆ Today - Melancholia is defined as, "a mental condition characterized by extreme depression, bodily complaints, and often hallucinations and delusions"
-
- ◆ Psychology - Study of the mind relating to -Thoughts, feelings, and behaviors, focusing on why people think, feel and act as they do.
 - ◆ Psychological Depression - pertains to - Mental, emotional, and behavioral characteristics of a depressed person.

Psychological depression - A state in which the heart is pressed down and unable to experience joy....

**Proverbs 23:18 (NAS): Surely there is a future,
And your hope will not be cut off.**

Romans 15:13 (NAS): Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit.

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PRE WORK / Discussion

What Promises in God's Word give you hope in seemingly hopeless situations?

**Psalm 40:1-4; Isaiah 41:10;
Jeremiah 29:11; Lamentations 3:21-24;
Romans 8:18, 37-39; 2 Corinthians 4:16-18**

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4 Classic types of Psychological Depression

- * NORMAL DEPRESSION**
- * MASKED DEPRESSION**
- * NEUROTIC DEPRESSION**
- * PSYCHOTIC DEPRESSION**

Walk from darkness into the light!

Normal Depression: aka- Situational or Reactive Depression

- ◆ An Involuntary reaction to painful pressure.
- ◆ The normal problems of life press down the heart for a short period of time.

EXAMPLES: Rejection, Failure, Illness

- ◆ The transitional stages of life often press the

EXAMPLES: Adolescence, Empty Nest, Grief Over Losing a Loved One, Midlife Crises, Major Moves, Menopause, Retirement

Common Signs:

- ▶ Self-doubt
- ▶ Worry
- ▶ Fear
- ▶ Forgetfulness
- ▶ Anger
- ▶ Sadness
- ▶ Diminished Joy
- ▶ Irritability
- ▶ Activity Pattern Upset
- ▶ Loss of Appetite
- ▶ Sleep Difficulty
- ▶ **NO thoughts of Suicide**

IMPACTS EVERYONE - THIS IS JUST LIFE!

Walk from darkness into the light!

Masked Depression: aka- Hidden Depression

- ◆ A state of buried unresolved conflict.
- ◆ True painful feelings are denied or covered

EXAMPLES: Suffered a Loss, Work Stress, Relationship Stress, Family Stress, Failure, Expectations, etc..

- ◆ Relief from pain is unconsciously found in self-effort or excessive activity.

EXAMPLES: Workaholic, Putting on a Façade, Stress Eating, Over Investing

Common Signs:

- ▶ Self-Inflation
- ▶ Appearance of Invincibility
- ▶ Disorganized Thoughts
- ▶ Suppressed Anger
- ▶ Distraction
- ▶ Self-Sacrifice
- ▶ Judgmentalism
- ▶ Increased Activity
- ▶ Weight Gain
- ▶ Less Need for Sleep
- ▶ **UNSPOKEN** thoughts of Suicide

MORE COMMON THAN YOU THINK - Destructive if not dealt with!

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Neurotic Depression: A Minor Depressive Disorder

*Disorder- means that a person's normal functioning of life is impaired. A Person with a depressive disorder has "clinical depression".

- ◆ A Prolonged state of depression (longer than the normal time frame needed for emotional recovery) The symptoms interfere with normal biological and social activities.
- ◆ The cause can usually be traced to a precipitating event.

Common Signs:

- ▶ Self-criticism
- ▶ Hypochondria
- ▶ Inability to make Decisions
- ▶ Anger
- ▶ Hopelessness
- ▶ No Pleasure
- ▶ Apathy
- ▶ Diminished Activity
- ▶ Weight Loss
- ▶ Escape by Sleeping
- ▶ Manipulation by Threatening Suicide

◆ **CONSIDER CLINICAL or PROFESSIONAL HELP; while seeking GOD.**

Walk from darkness into the light!

Psychotic Depression: A Major Depressive Disorder

*Disorder- means that a person's normal functioning of life is impaired. A Person with a depressive disorder has "clinical depression".

- ◆ A severe state of depression.
- ◆ A psychosis involves dissociation or loss of contact with reality.
- ◆ This person can experience hallucinations, delusions, and/or schizophrenia.

- Common Signs:**
- ▶ Self-Rejection
 - ▶ Hallucinations
 - ▶ Lack of Judgment or Reasoning
 - ▶ Acute Anger
 - ▶ Schizophrenia
 - ▶ No Pleasure
 - ▶ Unresponsiveness
 - ▶ Catatonia
 - ▶ Weight Loss
 - ▶ Severe Insomnia
 - ▶ **SEVERE Threat of Suicide**

• **SEEK CLINICAL and/or PROFESSIONAL HELP; while seeking GOD...**

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How are Depression and Sin Related?

- * Depression becomes sin when we are depressed over the consequences of our sin and make no attempt to change. (2 Cor 7:10)
- * Depression becomes sin when we use it to manipulate others.
- * Depression becomes sin when we hold to self-pity and anger.
- * Depression becomes sin when we continually blame God and others for our unhappiness.
- * Depression becomes sin when we dwell on unhappiness and are negative people.
- * Depression becomes sin when we forego our duties as a Servant to God and to those around us.
- * Depression becomes sin when it rules us and our actions!

Walk from darkness into the light

It is all about our response Stress!

- * How we respond is important.
- * Jesus cares about our ❤️!
- * The Lord encourages us to come to Him!

1 Peter 5:7 (NAS):
...casting all your anxiety on Him, because He cares for you.

Walk from darkness into the light!

PRE WORK / Discussion

Book of Jonah and the Big Fish

God Calls Jonah to preach, but he disobeys God and ends up angry and depressed.

Book of Jonah Chapters 1-4

Walk from darkness into the light!

Characteristics of Depression

Hebrews 4:15–16 (NAS): For we do not have a high priest who cannot **sympathize with our weaknesses**, but One who **has been tempted in all things** as we are, **yet without sin**.

Therefore let us **draw near with confidence** to the throne of grace, so that we may receive mercy and find grace to **help in time of need**.

Walk from darkness into the light!

Characteristics of Depression

- * Commonality**
- * Negative View**
- * Dialogue of the Depressed**

Walk from darkness into the light!

Contributor: Commonality

Name a couple of the top causes of depression or things that make you a higher risk...

- * **Biology** - Chemical
- * **Genetics** - Tendencies
- * **Gender** - Women x2 / Hormones
- * **Age** - Elder higher risk
- * **Health Conditions**

- * **Trauma and/or Grief**
- * **Changes and/or Stressful Conditions**
- * **Medications and/or Substances**

Walk from darkness into the light!

Class Discussion

1. What causes you to feel this way?
2. What was the writer feeling when he wrote this? (19-20)
What gave him hope? (21-26)

Lamentations 3:19–26 (NAS): Remember my affliction and my wandering, the wormwood and bitterness. 20 Surely my soul remembers and is bowed down within me. 21 This I recall to my mind, Therefore I have hope. 22 The Lord’s loving kindnesses indeed never cease, For His compassions never fail. 23 They are new every morning; Great is Your faithfulness.

**24 “The Lord is my portion,” says my soul, “Therefore I have hope in Him.”
25 The Lord is good to those who wait for Him, To the person who seeks Him.
26 It is good that he waits silently for the salvation of the Lord.**

Walk from darkness into the light!

Characteristic: Negatives Turn to Negativity

Negative

Negative Impact

Lack of Rebound

Negativity Towards:
*Self / Situations/ Other
people*

Hebrews 4:15-16 (NAS): 15 For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet without sin.

16 Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.

Walk from darkness into the light!

Characteristic: Dialogue of the Depressed

People tend to speak what they feel.

Luke 6:45 (NAS):
...for his mouth speaks from that which fills his heart.

Walk from darkness into the light!

Characteristic: Dialogue of the Depressed

WHAT YOU SAY ABOUT YOURSELF:



I can't do anything right.

Why I try?

I'm no longer useful.

I hate myself.

Look at so-and-so.

I must have done something wrong.

Nobody loves me.

WHAT IS THE TRUTH ABOUT YOU?

The Lord says in Jeremiah 31:3 (NAS): ...“I have loved you with an everlasting love; Therefore I have drawn you with lovingkindness.

I can say what is said in Psalm 139:14 (NAS): I will give thanks to You, for I am fearfully and wonderfully made; Wonderful are Your works, And my soul knows it very well.

Walk from darkness into the light!

Characteristic: Dialogue of the Depressed

WHAT YOU SAY ABOUT YOUR SITUATION:

- ✿ I don't see any way out.
- ✿ It doesn't matter anyway.
- ✿ I can't do anything about it.
- ✿ I can't bear it; it's intolerable.
- ✿ It's not fair.
- ✿ I'm helpless to change it.

WHAT IS THE TRUTH ABOUT YOUR SITUATION?

**I can say with Paul in Philippians 4:13 (NAS):
I can do all things through Him who strengthens me.**

Walk from darkness into the light!

Characteristic: Dialogue of the Depressed

WHAT YOU SAY ABOUT YOUR FUTURE:

- ❖ Who cares?
- ❖ Nothing will change.
- ❖ It's hopeless.
- ❖ No one will ever love me.
- ❖ I'll be too old.
- ❖ That was my last chance for happiness.
- ❖ I have nothing to live for.

WHAT IS THE TRUTH ABOUT YOUR FUTURE?

Philippians 1:6 (NAS): For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus.

Proverbs 3:5–6 (NAS): Trust in the Lord with all your heart and do not lean on your own understanding. *In all your ways acknowledge Him, And He will make your paths straight.*

Walk from darkness into the light!

Causes of Depression

Colossians 1:13–14 (NAS): For He rescued us from the domain of darkness, and transferred us to the kingdom of His beloved Son, in whom we have redemption, the forgiveness of sins.

Walk from darkness into the light!

Causes of Depression

- * Physical Contributors**
- * Emotional Causes**
- * Spiritual Sources**

Walk from darkness into the light!

Physical

Emotional

Spiritual

HIPPOCAMPAL ATROPHY
FAMILY
ESTROGEN LEVELS
Deficiency Puberty
THYROID SEROTONIN
Postpartum Childbirth HORMONAL CHANGES
ADRENAL CORTISOL
GENETICS ERT GENDER
Perimenopause MENSTRUAL CYCLE

* Hormonal Imbalance

* Medications and Drugs

* Chronic Illnesses

* Melancholy Temperament

* Improper Food, Rest,

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Physical

Emotional

Spiritual

Emotions should not be:

- ▶ **REPRESSED**
- ▶ **SUPPRESSED**
- ▶ **INTERNALIZED**

When you neglect your difficult emotions; you can harm yourself and your relationships!

REPRESSED ANGER

OVER:

- * **Loss of a loved one**
- * **Loss of control**

* **Loss of expectations**

* **Loss of health or abilities**

* **Loss of self-esteem**

Walk from darkness into the light!

Physical

Emotional

Spiritual

Emotions should not be:

- ▶ REPRESSED
- ▶ **SUPPRESSED**
- ▶ INTERNALIZED

When you neglect your difficult emotions; you can harm yourself and your relationships!

SUPPRESSED FEAR OF:

* Losing a job

* Emptiness

* Abandonment

* Being alone

* Dying

* Failure

Walk from darkness into the light!

Physical

Emotional

Spiritual

Emotions should not be:

- ▶ **REPRESSED**
- ▶ **SUPPRESSED**
- ▶ **INTERNALIZED**

When you neglect your difficult emotions; you can harm yourself and your relationships!

INTERNALIZED STRESS

OVER:

* **New job**

* **Marital problems**

* **Financial obligations**

* **Troubled child**

* **Relocation**

Walk from darkness into the light!

Physical
Emotional

Spiritual

Spiritual Sources of Depression:

- ▶ **SIN**
- ▶ **LONGING FOR GOD**
- ▶ **THE DEVIL**

Psalm 32:3–4 (NAS): 3 When I kept silent about my sin, my body wasted away Through my groaning all day long. For day and night Your hand was heavy upon me; My vitality

**Psalm 32:5 (NAS): I acknowledged my sin to You, And my iniquity did not hide; I said, “I will confess my transgressions to the Lord”;
And You forgave the guilt of my sin.**

Physical
Emotional

Spiritual

Spiritual Sources of Depression:

- ▶ **SIN**
- ▶ **LONGING FOR GOD**
- ▶ **THE DEVIL**

PSALM 42

Walk from darkness into the light!

Physical
Emotional

Spiritual

Spiritual Sources of Depression:

- ▶ **SIN**
- ▶ **LONGING FOR GOD**
- ▶ **THE DEVIL**

John 8:44 - The Murderer & Liar

Revelation 12:10 - the Accuser

1 Peter 5:8 - a Lion seeking to Devour

Psalm 37:4 - Does not want us to delight in GOD.

Psalm 51:12 - Does not want us to experience joy of

Walk from darkness into the light!