

# Add Self-Control

As we continue our monthly series of lessons from Peter's list of spiritual ingredients, we will consider the significance of acquiring self-control (2 Peter 1:6).

Without self-control, we are like an ancient city without walls (Proverbs 25:28). We are not secure and wide open to assaults from Satan.

In the Bible, we find numerous people lacking in self-control. These examples include...

- Cain (Genesis 4:8).
- David (2 Samuel 11:15).
- Samson (Judges 16:1).
- Solomon (1 Kings 11:4).
- Judas (John 13:2).

Paul often taught about the need for self-control (Acts 24:25; Galatians 5:22-23; 2 Timothy 3:2).

Lacking self-control can manifest in sexual sins, drinking, tobacco, gluttony, gambling, greed, and uncontrolled anger.

## What is self-control?

- It is the ability to control ourselves.
- It is when we have sound judgment and prudence.
- It is when we exercise discipline, inner strength, and restraint.
- It is when we give God full control of our lives!

## Where do we need self-control?

- Our tempers (Ephesians 4:26-27)
- Our sexual desires (Hebrews 13:4; 1 Thessalonians 4:3-5)
- Our speech (James 3:1-12)
- Our eyes (Matthew 5:27-28)
- Our bodies (1 Corinthians 6:19-20)
- Our money (1 Timothy 6:17-19)
- Our thoughts (Proverbs 23:7; 2 Corinthians 10:5)

## What do we need?

- We need knowledge of the word of God (2 Peter 1:6). Knowledge of God's word stored in our minds will help us when we are attacked by the devil (Psalm 119:11).
- We need forethought (Luke 14:28). We need to think about the consequences of decisions (Genesis 39:9). We need to think about how a lack of self-control impacts God, others, and our ability to influence others while we do God's work.
- We need to build walls (Proverbs 25:28). We need to protect ourselves from tempting situations. This might include not having internet, streaming channels, blocking certain people on social media, and never going into a restaurant with a bar.

## Conclusion:

We can't control many things in life, but we can control ourselves and how we react in all situations.

- Shawn Jeffries