

How To Have Self-Control - Biblical Discussion

What is self-control?

How do you exercise self-control?

What are most people, or you struggling with?

Name some of the people in the bible that struggled with self-control?



The message of the gospel is one of having trust in someone greater than ourselves. That someone, as we know, is our Lord and Savior Jesus Christ. We will encounter many trials throughout our Christian walk. In order to overcome them, it will take self-control. **Self-control** is “restraint exercised over one’s own impulses, emotions or desires.” As Christians we desire to do what is right in the eyes of the Lord, but we are constantly struggling with sin.

1. Read **Romans 7:14-25**. In this passage, Paul tells us of his struggle with sin, but also of his victory in Jesus Christ. How does this passage give you hope for your walk with Christ? It gives me hope because Paul struggled with sin even though he followed Christ. So I am able to relate my struggles with sin with other Christians.

2. What is the key to conquering sinful desires?

Galatians 5:16

Self-control is one part of Christian character. It is produced by the Holy Spirit, not by the mere moral discipline of trying to live by the law.

3. List the fruit of the spirit. **Galatians 5:22-23**

Notice that the word “fruit” in verse 22 is singular. Self-control is one portion of the fruit. One of the things that the Spirit promises to do for the child of God is to enable him or her to master self-weaknesses, and areas of temptation.

4. **2 Peter 1:5-9** speaks of the virtues that will produce a well-rounded, fruitful Christian life.

According to verse 6, what are we to add to knowledge?

According to many false teachers, knowledge made self-control non-essential. But, Peter tells us that knowledge leads to self-control.

5. **Genesis 39:1-12**. Joseph showed self-control by doing what?

6. **1 Corinthians 6:18** tells us to FLEE from sexual immorality.

Self-control is not idleness; it consists of action. It is not something to play with, but rather something to put into practice, through the power of the Holy Spirit.

7. Read **2 Samuel 11:1-5**, the story of David and Bathsheba. Did David exercise self-control or did he play with it? (vs.3)

8. What are the three areas in our life that need to be and must be controlled?

1 John 2:16 Lust of the flesh, lust of the eyes, and boastful pride.

We will continually be attacked by temptation, but the victory is ours in Jesus Christ. See **James 4:7-8**.

9. Write what Jesus say sin **Matthew 26:41** Keep watching and praying that you may not enter into temptation; the spirit is willing, but the flesh is weak. As we are filled with the Spirit of God, we are given power to overcome whatever assaults the enemy might make. Not because we have control of ourselves, but because we yield ourselves to the Spirit of God and allow Him to provide us with His controlling power. We will only have self-control when we let God have full control. See **2 Corinthians 3:5**.

10. Being joint heirs with the living God is the secret of being content, and the source of our strength. What do the following scriptures tell us about our strength? **Philippians 4:13** Our strength comes from Jesus.

2 Peter 1:2-3 Gods divine power has granted to us everything pertaining to life and godliness

11. Self-control teaches us not to surrender to circumstances or succumb under trial, it teaches us patience. Do you have patience through self-control?

But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts. –Romans 13:14

<http://www.calvary-tricities.org/newbeliever/biblestudy10ans.pdf>