

EMPLOYERS FOR CHRIST: THE MEANING OF SELFCONTROL

Definition of self-control: The ability to control one's emotions, behaviour and desires

KEY POINT: THE FRUIT OF THE SPIRIT IS SELF-CONTROL

Bagalatia 5:22-23 / KwabaseGalathiya 5:22-23 / Galatians 5:22-23 “22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law.”

KEY POINT: SELF-CONTROL IS A DAILY CHALLENGE

Jakobo 1:26 / EkaJakobe 1:26 / James 1:26 “If anyone considers himself religious and yet does not keep a tight rein on his tongue, he deceives himself and his religion is worthless.”

KEY POINT: THROUGH YOUR SINFUL NATURE YOU CANNOT PRACTISE SELF-CONTROL

Baroma 7:18-19 / KwabaseRoma 7:18-19 / Romans 7:18-19 “18 I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. 19 For what I do is not the good I want to do; no, the evil I do not want to do—this I keep on doing.”

KEY POINT: THROUGH CHRIST YOU CAN CRUCIFY THIS SINFUL NATURE

Bagalatia 5:24 / KwabaseGalathiya 5:24 / Galatians 5:24 “Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires.”

KEY POINT: LIVE EACH DAY IN THE SPIRIT

Bagalatia 5:25 / KwabaseGalathiya 5:25 / Galatians 5:25 “Since we live by the Spirit, let us keep in step with the Spirit.”

KEY POINT: PRACTISE SELF-CONTROL

1. Control yourself and tell the truth in all situations
2. Control yourself and love only your wife/husband
3. Control yourself and leave someone else's possessions alone
4. Control yourself and live a Spirit filled life each day

REMEMBER:

1. The fruit of the Spirit is self-control
2. Self-control is a daily challenge
3. Through your sinful nature you cannot practise self-control
4. Through Christ you can crucify this sinful nature
5. Live each day in the Spirit
6. Practise self-control