

AIM FOR GREATER THINGS.

Galatians 5:22-23a

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,²³ gentleness, self-control...

Proverbs 25:28

A man without self-control is like a city broken into and left without walls.

What is self-control?

- Self-control is the ability provided by the Holy Spirit to resist temptation.

Liabilities of a lack of self-control

- Anger and **insecurity** wound our families (King Saul).
- Pride and arrogance poison our **outlook** on life (King Nebuchadnezzar).
- Lust and sexual immorality harm **ourselves** (Samson).

1 Corinthians 9:24-27

Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it.²⁵ Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable.²⁶ So I do not run aimlessly; I do not box as one beating the air.²⁷ But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

The Grace-driven motivation for self-control

- We can live for a Greater **Reward** – 1 Corinthians 9:24-25 *Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable.*

“Discipline means giving up the good and the better for the best...There is nothing wrong with food or fun, but if they interfere with your highest goals, then they are hindrances and not helps.” – Warren Wiersbe¹

- We can live with **focus** and intentionality – 1 Corinthians 9:26 *So I do not run aimlessly; I do not box as one beating the air.*
- Why? Because reaching people with the Gospel of Jesus Christ costs something: Our example can push people to or away from Jesus Christ – 1 Corinthians 9:27 *But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.*

Next Steps to self-control

- What are some slippery places I need to avoid?
- Am I aware that God wants to use me to reach others for Jesus Christ in Palm Beach County, South Florida, and the world? Am I focused on the Greater Things?

¹ Warren W. Wiersbe, *The Bible Exposition Commentary*, Vol. 1, (Wheaton, IL: Victor Books, 1996), 602.