

**A General Guide to Making Your Mark series**

# **Getting on Your Mark pt2**

## **Exercising Self-Discipline: Self-Control**



**1Corinthians 9:24-27/2Timothy 1:7/**

**Galatians 5:22-26(NLT)**



# Getting on Your Mark pt2

## Exercising Self-Discipline: Self-Control



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**A runner is required to get to his mark**

Getting to one's mark requires the runner to be already prepared:

- Mentally,
- Physically
- (In or case)...Spiritually for the upcoming task
- **Self-Disciplined**

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### Defining Self- Discipline

#### Dictionary Perspective

The ability to control one's feelings and overcome one's weaknesses; the ability to pursue what one thinks is right despite temptations to abandon it.

#### Christian Perspective

The dedicated training, through the study of Scripture, prayer and self-control, which enables Christians to be more effective witnesses to the gospel, to lead lives more pleasing to God, and to win the crown that awaits those who are victorious over sin.



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### Self-Discipline provides us with:

**Self-Control** – controlling one's own emotions, desires or will to act

**Focus** – not easily distracted by human obstacles or hindrances

**Resistance** - the capacity to withstand personal temptations

**Mortification** – the act of mortifying/killing the cravings of the flesh

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### Self-Discipline provides us with:

**Faithfulness** – committed to a cause, a relationship or action no matter what. Remains True

**Determination** – the ability to continue trying or going although it is very difficult

**Excellence** – a person of quality and distinction; surpassing ordinary standards



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## Exercising Self-Discipline: Self-Control



- Every Person willing to make a mark must **BE WILLING TO EXERCISE “Self-Control”**

### 1COR 9:24-27

- *Do you not know that in a race the runners all compete, but only one receives the prize? Run in such a way that you may win it. <sup>25</sup> **Athletes exercise self-control in all things**; they do it to receive a perishable wreath, but we an imperishable one. <sup>26</sup> So I do not run aimlessly, nor do I box as though beating the air; <sup>27</sup> but I punish my body and enslave it, so that after proclaiming to others I myself should not be disqualified*

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### Defining Self-Control

In its broader definition self-control is a label for all forms of self-change, self-management, self-modification, and self-regulation. Self-control may include the use of controlling responses to weaken, to strengthen, or to maintain a target behavior



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### Biblical Meaning

There are several Greek words for Self-Control.  
One literal translation is "***one who holds himself in.***"

The other words for self-control indicate a sober, temperate, calm, and dispassionate approach to life, having mastered personal desires and passions.

It is the trait of decisively controlling one's own desires (which would produce actions); especially our sensual desires.



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### IN a nutshell:

**Self-Control** is making a personal decision to control or resist the temptation to yield our power of control to the sentiments, cravings, passions & HABITS of the flesh and the disruptive & deceitful thoughts of our minds.



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- Self-Control is a Manifestation/Fruit of the Spirit Gal 5:22-26(NLT)

The Holy Spirit **EMPOWERS Us** to behave like Christ,  
but we must respond to his “***Leading in every part of our lives***” in  
order to walkout our destiny successfully



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- ***Gal 5:22-26(NLT)***
- *But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup> gentleness, and self-control. There is no law against these things! <sup>24</sup> Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there. <sup>25</sup> Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives. <sup>26</sup> Let us not become conceited, or provoke one another, or be jealous of one another.*



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**Self-Control is an ability given to us by God through the Spirit**

*For God did not give us a Spirit of fear but of power and love and self-control. 2Tim 1:7(NET)*



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- **Power:** the **AUTHORITY** needed to overcome any personal obstruction/obstacle whether physical, mental or spiritual. In Timothy's case it was fear.
- **Love:** the **AGENT** that drives/cast out all negative/deficient dispositions (attitudes) which affect our outward demeanor
- **Self-Control:** the **ABILITY** to reject/resist any mental or emotional defect that may influence our behavior



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### Areas we must exercise self-control:

- **Flesh**(Impulses,Apetite) - 1 Thes 4:3-8 (NRSV)
- **Mouth** - Col 3:8-10 (NRSV)
- **Will** - Eph 5:15-16 (NET)
- **Emotions** - Prov 29:11 (GW)
- **Mind** - Rom 8:5-9 (NLT)



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### How do we Apply Self-Control 1Pet 1:13-16(NLT)

- We Must Decide to practice it
- We Must Decide to obey God/the Spirits leading
- We Must Decide Not to Turn back to old ways
- We Must Decide to live Exceptionally (*Holy*)



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- **1Pet 1:13-16(NLT)**
- *So prepare your minds for action and exercise self-control. Put all your hope in the gracious salvation that will come to you when Jesus Christ is revealed to the world. <sup>14</sup> So you must live as God's obedient children. Don't slip back into your old ways of living to satisfy your own desires. You didn't know any better then. <sup>15</sup> But now you must be holy in everything you do, just as God who chose you is holy. <sup>16</sup> For the Scriptures say, "You must be holy because I am holy."*