**Fruits of the Spirit – Self-Control**

Message for Sunday October 29, 2022

* **People will spend an average of: 5hrs 10 min on laptop, TV hrs 9 min, 5hrs 2m on phone, 3hrs 45min on gaming devices. If this was all in one day, that would total 19hrs 6 mins. If you lived to 60, that would equal 382,652hrs 48mins. Which equals nea3rly 16k days or 43.7 years.**
* **There are 1440 minutes in a day and 168 hrs in a week and 8,736 hrs in a year. It’s estimated the average person spend 6,259 hours a year glued to devices. That’s’ almost 75% of people time.**
* **If we were conservative, let’s just say 5 hrs a day depending on what you do. That’s still 35 hrs a week.**
* **Screen time can be both productive or harmful depending on what you are doing. I.e. Reading scripture, listening to worship, research, communication with others, staying updated on news, etc… However, some things are rarely productive.**
  + **TV, Gaming, Social Media, Tik Tok or FM reels, etc.. Too much of anything is too much and lacks moderation. And almost always leads to distraction. I would love to discuss the effects of these things on your mental capacity, ability to focus and be present, and your dopamine levels. But time won’t permit.**
* **Outside of screen time and these distractions, we have other stats that we should note for this message. 40% of people get less than the average needed amount of sleep (7hrs). Lack of sleep leads to health problems, cognitive impairment, inability to focus and be present, difficulty making strategic decisions, and emotional distress. You will spend roughly 1/3 of your life sleeping.**
* **Work: The average person will spend 90,000 hrs in a lifetime working. That is 1/3 of your life.**
* **For those that read their Bible: The average person spends 10-20 minutes a day. Only 24% of millennials read their Bible once a week, and when it comes to elders and church leaders it only jumps to 50% - that read their Bible once a week.**
* **Excersize: The average person spends just 2 hrs a week being physically active.**
* **Eating: You will spend an average of 67 minutes a day eating.**
* **This doesn’t account for time sitting with Jesus, time with spouse, time with kids, time with friends.**
* **This also doesn’t account for church, volunteer work, and helping others. Nor does this account for pleasures and vices (i.e. hunting and fishing, entertainment, pornography, concerts, etc…**
* **Some are too busy, some are too lazy. But most are distracted one way or another. For those that live more simply, spend time with Jesus, worship and read their Bible daily, love their family well, serve others well, and spend their time wisely, you are in the ultra-rare minority of society as a whole.**
* **And it’s this group God uses and reveals Himself the most to.**

**Self-Control/Temperance** – The virtue of one who masters his desires and passions, esp. his sensual appetites. The quality of moderation or self-restraint. Restraint. Hold back.  
Thinking before you act.

God knew we couldn’t control ourselves; hence, He gave us Himself.  
Only by His fruit of His Spirit can we ever expect to have proper self-control in our lives.

What are the struggles we face when it comes to self-control:

My wife’s list:

* 1. allowing negative thoughts to rule and not taking them captive and replacing them with truth.
* 2. looking for comfort in food. Eating unhealthy or overeating.
* 3. drinking daily. Even if not too much, it becomes a habit especially when stressed.
* 4. spending money/shopping for things not needed
* 5. scrolling social media. Watching Netflix/YouTube—-Both to check out. Often leading to offense, comparison and discontentment due to feeding your mind with all that entertainment has to offer.
* Laziness, business, gossip, comparison and measuring up to others.

So what I want to do is focus on solutions to help you overcome the areas you lack in self-control.

**2 Peter 2:1-9 - 2Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord, 3as His divine power has given to us all things that *pertain* to life and godliness, through the knowledge of Him who called us by glory and virtue, 4by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the [**[**c**](https://www.biblegateway.com/passage/?search=2%20Peter%201&version=NKJV#fen-NKJV-30484c)**]corruption *that is* in the world through lust.**

**5But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, 6to knowledge self-control, to self-control [**[**d**](https://www.biblegateway.com/passage/?search=2%20Peter%201&version=NKJV#fen-NKJV-30486d)**]perseverance, to perseverance godliness, 7to godliness brotherly kindness, and to brotherly kindness love. 8For if these things are yours and abound, *you* will be neither [**[**e**](https://www.biblegateway.com/passage/?search=2%20Peter%201&version=NKJV#fen-NKJV-30488e)**]barren nor unfruitful in the knowledge of our Lord Jesus Christ. 9For he who lacks these things is shortsighted, even to blindness, and has forgotten that he was cleansed from his old sins.**

Keys to self-control:

* First realize God has given you everything you need to live a life of healthy self-control. Especially His Grace – which is why we need it multiplied to us. Only the grace of God gives you the ability to say no to sin (Titus 2:11-12). You are powerless to resist on your own).
* Realize you can do anything you want; however, doing whatever you want is not beneficial to you and will ultimately cause you to be mastered by what you don’t want. Hence, we must live a life under His rule and headship.
* **Psalm 119:11** - Hide God’s word in your heart – proactive for a purpose.
* **Prov 29:18** - Get Divine revelation about your future so you DON’T cast off restraint.
* Separate your wants and needs personally in order to spend wisely. Both your time and your money.
  + Need – Something necessary to live and function. Food, clothing, shelter, medical care, etc… Something you can’t live without. Essential.
  + Want – Something that can (or you think can) improve your quality of life. Wants are something you can live without. Non-essential.

The Bible has much to say about how we “spend” our focus, time and money.

**James 4:1-3 - Where do [**[**a**](https://www.biblegateway.com/passage/?search=James%204&version=NKJV#fen-NKJV-30339a)**]wars and fights *come* from among you? Do *they* not *come* from your *desires for* pleasure that war in your members? 2You lust and do not have. You murder and covet and cannot obtain. You fight and [**[**b**](https://www.biblegateway.com/passage/?search=James%204&version=NKJV#fen-NKJV-30340b)**]war. [**[**c**](https://www.biblegateway.com/passage/?search=James%204&version=NKJV#fen-NKJV-30340c)**]Yet you do not have because you do not ask. 3You ask and do not receive, because you ask amiss, that you may spend *it* on your pleasures.**

**Is 55:2 - Why do you [**[**a**](https://www.biblegateway.com/passage/?search=is+55&version=NKJV#fen-NKJV-18743a)**]spend money for *what is* not bread,  
And your wages for *what* does not satisfy?  
Listen carefully to Me, and eat *what is* good,  
And let your soul delight itself in abundance.**

* My needs are non-negitiable.
* Your wants and needs must lead to an action plan; like creating a schedule, a financial plan, and a time management plan with a purpose, in order to get the results I want.
* It’s a schedule with a purpose that has simple manageable tasks that you can accomplish on a daily basis (i.e. sleep, wake, bedtimes, food, exercise, QT, sabbath, family times, date nights, social times, etc…)
* Allow yourself the time for what you like and want as much as for what you need.
* Don’t live **haphazardly** (no plan, order, or organization, with no concern for the outcome).
  + **Synonyms for haphazard:** aimless, careless, disorganized, erratic, helter-skelter (disorderly haste or confusion).
* Be disciplined by design by setting realistic measurable goals.
  + Start small vs not at all
  + Think sustainable incremental improvement over time.
  + 1 Tim 6:6 - Godliness + contentment = great gain
* What are you aiming at? We must aim at something. It’s ok to aim low to start
* One step in a long journey leads to bigger steps along the way

**1 Cor 9:24-27 - 24Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may [[i](https://www.biblegateway.com/passage/?search=1%20Corinthians%209&version=NKJV" \l "fen-NKJV-28565i" \o "See footnote i)]obtain *it.*25And everyone who competes *for the prize* [**[**j**](https://www.biblegateway.com/passage/?search=1%20Corinthians%209&version=NKJV#fen-NKJV-28566j)**]is temperate in all things. Now they *do it* to obtain a perishable crown, but we *for* an imperishable *crown.* 26Therefore I run thus: not with uncertainty. Thus I fight: not as *one who* beats the air. 27But I discipline my body and bring *it* into subjection, lest, when I have preached to others, I myself should become disqualified.**

* + We run in such a way to win the prize…
  + See the reward and the positive outcomes. Running to win and not be disqualified.
  + Running with patience/endurance.
* We are out to defeat your former self.
  + My lesser self and everything in it that has to die.
  + I’m competing with myself, and I know all my advantages and disadvantages
  + Old self must die, new self must be reborn and then renewed constantly
* Take personal responsibility with massive amounts of humility
* Ask yourself, “How can I be better tomorrow than I am today?”
* How can I be stronger today than I was yesterday? And realize, every day is a training day.
* Be extremely predictable while at the same time being fluid like a new wine-skin
  + Predictable – expected certain behavior. Behavior that is predicted. Outcomes that are able to be seen, known, or declared in advance.
  + Predictability bring stability and kills anxiety
  + Fluidity and flexibility with the Holy Spirit and others can bring joy and adventure.
* You can’t live in disobedience and expect the FOS to be active and growing in your life. This is why we must come to a place where we realize there is nothing that we possess that we shouldn’t be willing to give up. Especially if it’s causing us two sin.

Matthew 5:29-30 - **29**If your right eye causes you to [[j](https://www.biblegateway.com/passage/?search=Matthew%205&version=NKJV#fen-NKJV-23264j)]sin, pluck it out and cast *it* from you; for it is more profitable for you that one of your members perish, than for your whole body to be cast into hell. **30**And if your right hand causes you to [[k](https://www.biblegateway.com/passage/?search=Matthew%205&version=NKJV#fen-NKJV-23265k)]sin, cut it off and cast *it* from you; for it is more profitable for you that one of your members perish, than for your whole body to be cast into hell.

* Whatever it takes by removing things in your life that are causing you to live out of control.
* Self control is a battle. Like a tug of war. But once something dies the battle is over.
* Separate the flesh from the spirit and sow accordingly.
  + **Gal 6:8** - For he who **sow**s **to** his flesh will of **the** flesh reap corruption, but he who **sow**s **to** **the** **Spirit** will of **the** **Spirit** reap everlasting life.
* Read the book “Celebration of discipline”.
* Read more in general.
* Fast & pray: Announce upcoming fast…

In conclusion:

Life can be tragic and difficult….

How do you handle adversity and conflict and betrayal?

Life is hard… in this world you I will have trouble

There is meaning to be found in your most difficult of circumstances

Hardships, storms and floods are coming…

We must prepare in order to properly respond vs being reactionary

Own your shortcoming to improve your future

Do your best, perfect isn’t possible.

Shift along the way as you discover

The FOS is evidence based.

What to do others see when they see us?

Obedience shows commitment

The world knows who we are by our fruit.

What kind of tree are we?

Good tree vs bramble bush

Satisfaction, security, relatability to others, impact on others,

Q: Are you known as a person who lives and walks in the spirit

Or, walks in the flesh?

Tension, stress, anxiety, fear, gossip.

Walking in what HOD hates or what God loves?

There is nothing in your life you can’t give up

Especially when it comes to sin

Lack of Self – Control is a character issue.

What is character?

JUST DIE NOW and surrender all.