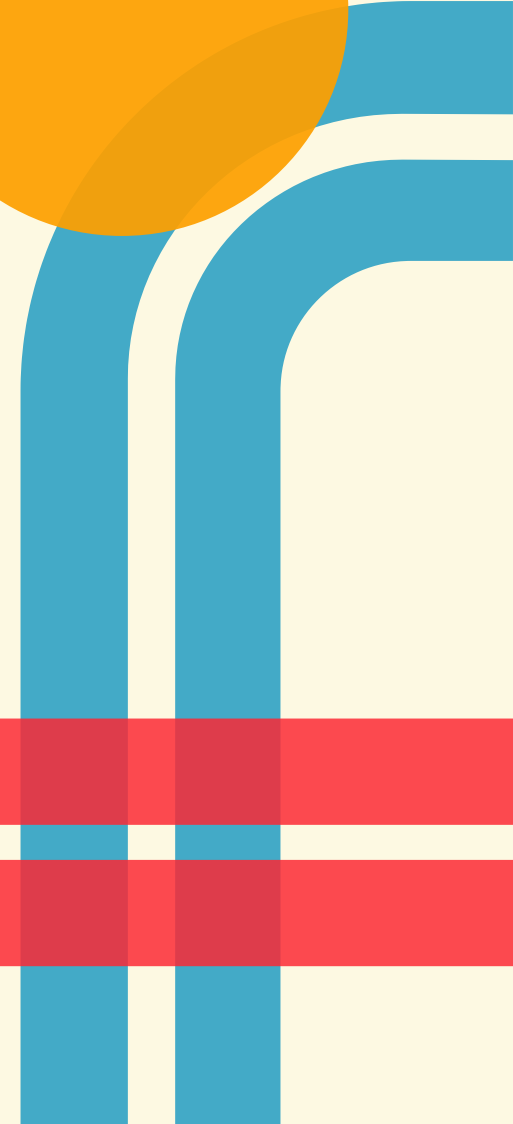
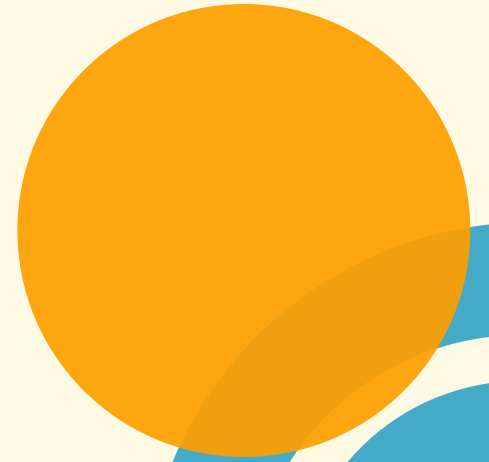


Self-control

Tochi Jaireh Njoku



Agenda

Introduction

3

What does the Bible say?

4

Why is it important?

6

The Relationship

11

How do we achieve it?

14

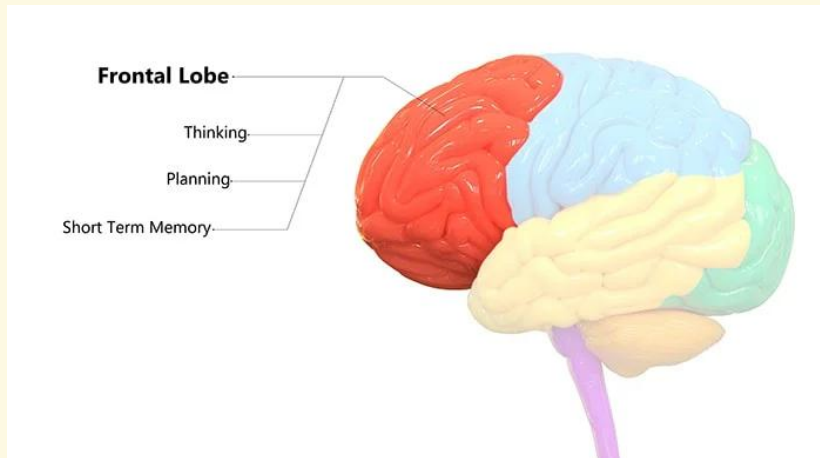




3

Introduction – What is Self-Control?

- Ability or perceived ability to control one's emotions, thoughts, memories, experiences and behavior in the face of temptations and impulses
- Human Executive functions – (Cognitive process regulating thoughts, actions to attain a goal or objective)



His divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of Him that hath called us to glory and virtue. 2 Peter 1.3



4

Types of control

Perceived

One's degree of believed control abilities over past, future events, behaviors, outcomes, people, environment, process, conditions

Emotional

Ability to manage one's emotions and attitudes

Desired

Inhibitory

Ability to control one's impulses and natural, habitual, or dominant behavioral responses to stimuli in order to select a more appropriate behavior to attain a desired goal.

Social, Ego,
Effort

Ability to select one's environment, manage impulses, attention, effort to attain a goal





Self-Control

What does the Bible say?

The Fruit of the Spirit

Galatians 5:22-23

"But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance."



SELF-CONTROL

ATTRIBUTE OF THE HOLY SPIRIT



SELF - CONTROL ⁷

A CHARACTER OF GOD



Exodus 32:14

And the LORD repented of the evil which he thought to do unto his people.

Exodus 34:6-7

And the Lord passed before him and proclaimed, "The Lord, the Lord God, merciful and gracious, longsuffering, and abounding in goodness and truth, 7 keeping mercy for thousands, forgiving iniquity and transgression and sin

Numbers 14:18

The Lord is slow to anger and abounding in steadfast love, forgiving iniquity and transgression,

Psalms 86:15

But you, O Lord, are a God merciful and gracious, slow to anger and abounding in steadfast love and faithfulness.



Self – Control

Why is it important?





Quality of a Faithful Christian

2 Peter 1:5-9

Fruitful Growth in the Faith

5 But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge,

6 to knowledge self-control, to self-control perseverance, to perseverance godliness,

7 to godliness brotherly kindness, and to brotherly kindness love.

8 For if these things are yours and abound, you will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ.

9 For he who lacks these things is shortsighted, even to blindness, and has forgotten that he was cleansed from his old sins.



10

God's commandment

John 14: 15 - 17

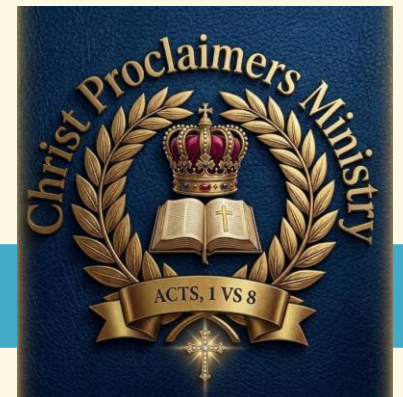
- 15 If ye love me, keep my commandments.
- 16 And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever;
- 17 Even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you.

1 Corinthians 10:13

No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it

1 Peter 4:7

The end of all things is at hand; therefore, be self-controlled and sober-minded for the sake of your prayers



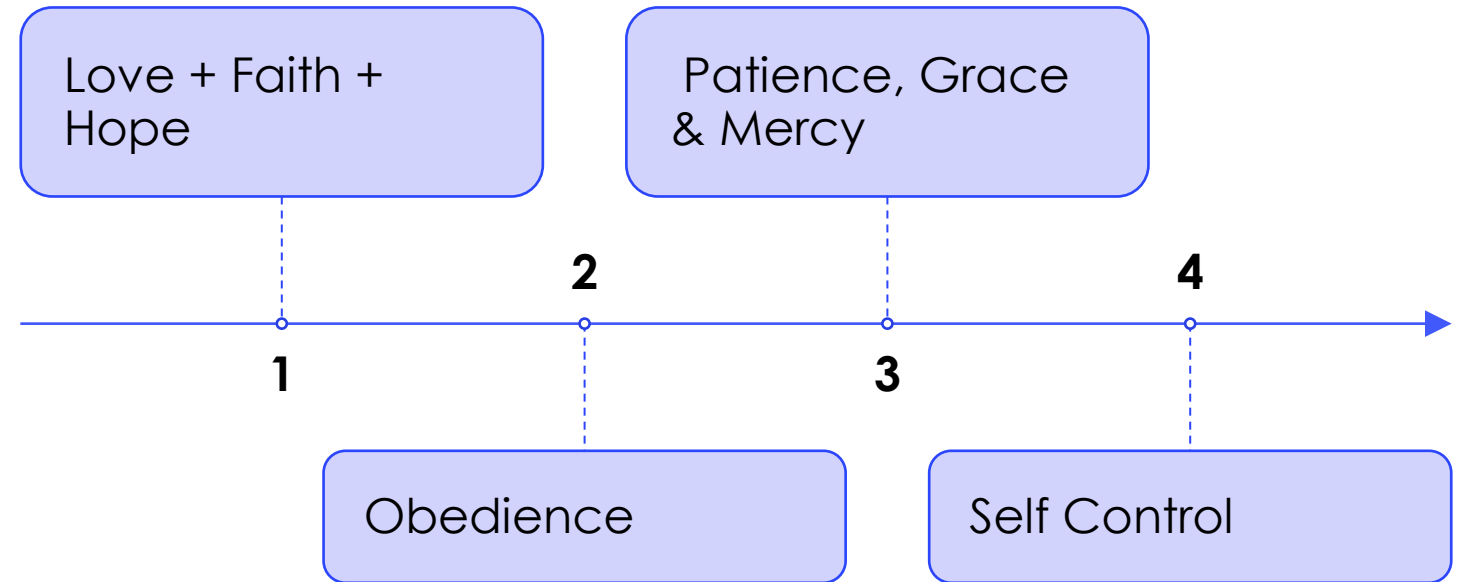


THE RELATIONSHIP;

Foundational Bricks in our Christianity

- 2 Corinthians 5:14-15

For the love of Christ compels us, because we judge thus: that if One died for all, then all died; 15 and He died for all, that those who live should live no longer for themselves, but for Him who died for them and rose again.



1 Corinthians 13.13
And now abide faith, hope, love, these three;
but the greatest of these is love.



12

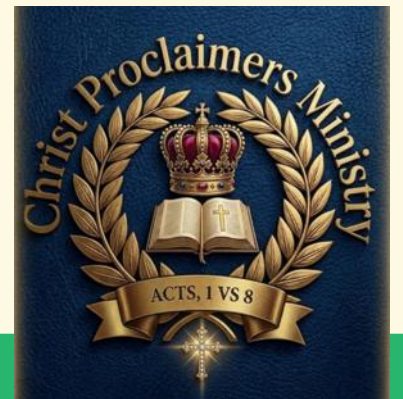
A recipe for heaven

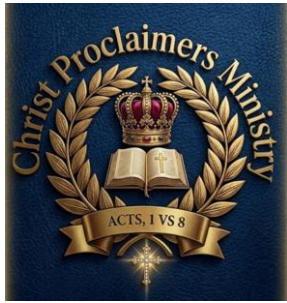
1 Corinthians 9: 24 – 27

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.

Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable.

So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified





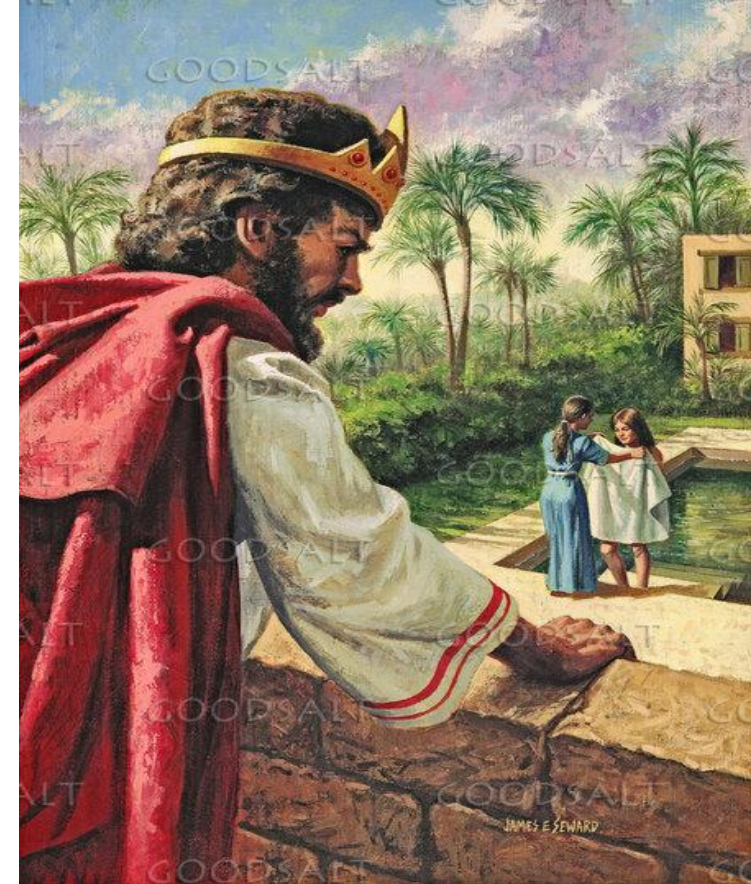
WHY IS IT IMPORTANT? SAVES FROM IMMORALITY

1 Thessalonians 4:4-5

4 that each of you should know how to possess his own vessel in sanctification and honor, 5 not in passion of lust, like the Gentiles who do not know God;

2 Corinthians 6.17

Therefore "Come out from among them And be separate, says the Lord. Do not touch what is unclean, And I will receive you."



1 Samuel 2:11 David and Bethsheba

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Self-Control

How do we achieve it?

John 14.6

Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me."



Galatians 5:16-17

16 But I say, walk by the Spirit, and you will not gratify the desires of the flesh.

17 For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.

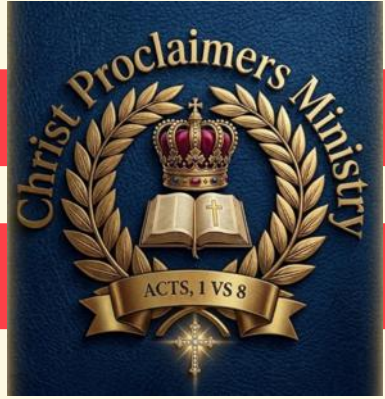
Thank you

Ephesians 6. 10 – 20

10 Finally, be strong in the Lord and in the strength of his might.

11 Put on the whole armor of God, that you may be able to stand against the schemes of the devil.





Questions & Contributions