

# LIVING WISELY



# Cultivating Self-Control

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**Why do we need self-control?**

**Areas to consider**

**How to cultivate self-control**

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# Why?

## Proverbs 25:28 (ESV)

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

Literally - A city broken, without walls, a man without restraint of spirit.

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# City | Walls | A Man

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# Proverbs 29:11 (ESV)

A fool gives full vent to his spirit, but a wise man quietly holds it back.



# Areas to consider | Fame

## Proverbs 25:27 (ESV)

It is not good to eat much honey, nor is it glorious to seek one's own glory.



# Areas to consider | Food

## Proverbs 25:16 (ESV)

If you have found *honey*, eat only enough for you, lest you have your fill of it and *vomit* it.

We have a tendency to turn Honey to  
Vomit





# Areas to consider | Anger

## Proverbs 14:29 (ESV)

Whoever is *slow to anger* has great understanding, but he who has a hasty temper exalts folly.

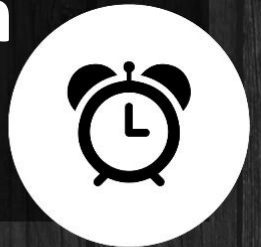


# Areas to consider | Anger

## Proverbs 15:18 (ESV)

A hot-tempered man stirs up strife, but he who is *slow to anger* quiets contention.

“Quarrels depend on people far more than subject-matter” -Kidner



# Areas to consider | Anger

## Proverbs 16:32 (ESV)

Whoever is *slow to anger* is better than the mighty, and he who rules his spirit than he who takes a city.



# How to cultivate self-control

- Get better desires



# Psalm 37:4 (ESV)

*Delight* yourself in the Lord and he will give you the *desires* of your heart.



# How to cultivate self-control

- **Get better desires**
- **Devour God's Word**



## Psalm 19:10 (ESV)

More to be desired are they [God's Word] than gold, even much fine gold; sweeter also than *honey* and drippings of the *honeycomb*.

## Psalm 119:103 (ESV)

How sweet are your words to my taste, sweeter than *honey* to my mouth!



# How to cultivate self-control

- **Get better desires**
- **Devour God's Word**
- **Embrace Christ and live by the Spirit**





# Galatians 5:24 (ESV)

And those who belong to Christ Jesus have *crucified* the flesh with its passions and desires.



**To sow to the flesh, is to pander to it, to cosset, cuddle and store it, instead of crucifying it...Every time we allow our mind to harbor a grudge, nurse a grievance, entertain an impure fantasy, or wallow in self-pity, we are sowing to the flesh. Every time we linger in bad company whose insidious influence we know we cannot resist, every time we lie in bed when we**



**ought to be up and praying, every time we read pornographic literature, every time we take a risk which strains our self-control, we are sowing, sowing, sowing to the flesh. Some Christians sow to the flesh every day and wonder why they do not reap holiness.**

**–John Stott**



**If you would like to talk to Bryan about the sermon, please feel free to call him, email him or friend him on Facebook.**



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