

## Developing the Jesus-based Quality of Self-Control

**Self-Control:** saying “no” to things that weaken my character

**Self-Indulgence:** the inability to say “no” to my insatiable desire for pleasure

**Spiritual Disciplines:** prayer of humility, personal worship, fasting

### **Jesus:**

*He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, "Stretch out your hand." He stretched it out, and his hand was completely restored. **Mark 3:5***

*Then Jesus was led by the Spirit into the desert to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God. **Matthew 4:1-4***

*In the temple courts he found men selling cattle, sheep and doves, and others sitting at tables exchanging money. So he made a whip out of cords, and drove all from the temple area, both sheep and cattle; he scattered the coins of the money changers and overturned their tables. To those who sold doves he said, "Get these out of here! How dare you turn my Father's house into a market!" **John 2:14-16***

*Jesus said, "Father, forgive them, for they do not know what they are doing." **Luke 23:34***

### **Self-indulgence:**

*"Then he said, 'This is what I'll do. I will tear down my barns and build bigger ones, and there I will store all my grain and my goods. And I'll say to myself, "You have plenty of good things laid up for many years. Take life easy; eat, drink and be merry." **Luke 12:18-19***

*For, as I have often told you before and now say again even with tears, many live as enemies of the cross of Christ. Their destiny is destruction, their god is their stomach, and their glory is in their shame.*

**Philippians 3:18-19**

### **Areas that require self-control:**

1. pursuing God
2. marriage
3. parenting
4. all relationships
5. receiving praise
6. money
8. emotions
9. in frustration or pain
10. anger

### **Areas of self-indulgence:**

1. food
2. materialism
3. lust
4. immorality
5. pride
6. boasting