

## GROWING IN SELF-CONTROL

Brad Driedger - June 21, 2026

### Proverbs 25:28 (NLT)

A person without self-control is like a city with broken-down walls.

### How do we embrace self control?

#### 1. Love God - not the world

### 1 John 2:15–17 (NIV)

Do not love the world or anything in the world. If anyone loves the world, love for the Father is not in them. <sup>16</sup> For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world. <sup>17</sup> The world and its desires pass away, but whoever does the will of God lives forever.

### Genesis 3:6 (NIV)

When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it.

### Luke 4:3–4 (NLT)

Then the devil said to him, “If you are the Son of God, tell this stone to become a loaf of bread.”  
<sup>4</sup> But Jesus told him, “No! The Scriptures say, ‘People do not live by bread alone.’”

### Luke 4:5–8 (NLT)

Then the devil took him up and revealed to him all the kingdoms of the world in a moment of time. <sup>6</sup> “I will give you the glory of these kingdoms and authority over them,” the devil said, “because they are mine to give to anyone I please. <sup>7</sup> I will give it all to you if you will worship me.” <sup>8</sup> Jesus replied, “The Scriptures say, ‘You must worship the LORD your God and serve only him.’”

### Luke 4:9–12 (NLT)

Then the devil took him to Jerusalem, to the highest point of the Temple, and said, “If you are the Son of God, jump off! <sup>10</sup> For the Scriptures say, ‘He will order his angels to protect and guard you. <sup>11</sup> And they will hold you up with their hands so you won’t even hurt your foot on a stone.’”  
<sup>12</sup> Jesus responded, “The Scriptures also say, ‘You must not test the LORD your God.’”

The enemy will aim at: our appetites, our affections, and our ambitions to entice us to love the world instead of God.

If we just allow our appetites, affections and ambitions to run free and unchecked - he will use that to lead us into loving the world..

### **3 keys to combat temptation:**

- **Let Jesus be your bread of life** ("People do not live by bread alone.")
- **Don't let anything be bigger than God** ("You must worship the LORD your God and serve only him.")
- **Live a life of trusting God fully** ("You must not test the LORD your God.")

## **2. Live with an eternal perspective**

### **1 Corinthians 9:24–27 (NIV)**

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. <sup>25</sup> Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. <sup>26</sup> Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. <sup>27</sup> No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

Our perspective is shaped by the Eternal Crown

Everytime we say no - We build the spiritual muscle of self-control!!

Are you living through the lens of now or the lens of later?

When I say NO to what my flesh wants I am saying YES to the things that matter most

## **3. Partner with Holy Spirit!**

### **Galatians 5:22–23 (NIV)**

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, <sup>23</sup> gentleness and self-control. Against such things there is no law.

Self-control is not white-knuckled willpower. It is the Holy Spirit empowering our will to govern our appetites.

"We should not think that God works in us without us. But neither should we think that we work without God." – Cassian

"Lord, grant me chastity and continence — but not yet." Augustine of Hippo (354-430 AD)

**Practical ways to grow in self control:**

- **Fasting**
- **Focus on what you have (contentment)**
- **Practice generosity (Kingdom focus living)**
- **Consistent accountability**
- **Place guard rails on technology**
- **Rest well**
- **Connect with God**

**2 Timothy 4:7–8 (NLT)**

I have fought the good fight, I have finished the race, and I have remained faithful. <sup>8</sup> And now the prize awaits me—the crown of righteousness, which the Lord, the righteous Judge, will give me on the day of his return. And the prize is not just for me but for all who eagerly look forward to his appearing.