

## Controlling Self Daniel 1:8-16

### Self-Control / Temperance

Webster

restraint exercised over one's own impulses, emotions, or desires

Temperance - Moderation in action, thought, or feeling: restraint; habitual moderation in the indulgence of the appetites or passions; moderation in or abstinence from the use of intoxicating drink

Greek Definitions 1466 egrateia

Strong's - self-control (especially continence):--temperance

Thayer - temperance 4; 4 - self-control (the virtue of one who masters his desires and passions, esp. his sensual appetites)

Bible defines as

Daniel used self-control in this strange land, Always followed law, now able to refuse that which was unclean - **Daniel 1:8-16**

Athlete refuse to indulge appetites while preparing for competition; Paul said "I keep under my body" he controlled himself - **1Corinthians 9:25-27**

A practical definition would be - That quality which causes us to refuse to overdo anything which may be right in and of itself. It also keeps us from partaking of things that are wrong, especially the desires of the flesh.

Controlling self according to the Scriptures

### Control The Flesh

Must control our thoughts and minds - **Proverbs 4:23; 1Peter 1:13; Matthew 12:34-35; Mark 7:21-23**

Christian useless without self control - Do you want a new car with no steering or braking system?

How about a brand new fishing boat with no engine throttle? We must control our body -

**1Corinthians 6:20; 1Corinthians 9:27; 2Corinthians 5:10**

Our bodies are to serve us not master us - Thirst (drunkard); Sexual desires (adultery, fornication)

Avoid sins against others - Adultery and fornication; Covetousness - **Colossians 3:5**

Don't be bad influence - Drunkenness, Evil thoughts - **1Corinthians 6:9; Matthew 5:28; Philippians 4:8**

### Develop Control

Spirit must have control - **Romans 8:5; Proverbs 16:32; Ephesians 4:31-32**

Bible knowledge

Knowledge what God expects necessary, Can't keep self on track if don't know right - **2Timothy 2:15**

Self-knowledge

It is an individual responsibility - **1Corinthians 9:27**

Accept practice is sin and stop all excuse for doing it - **2Corinthians 13:5**

Must want to exercise self-control (temperance), Knowledge of value only when decide to use it

Will controlled by ideas, Paul states principle - **Philippians 3:13**

Self-control comes when concentrate on what we must do, rather than just what we want to do

Develop habits by putting knowledge into practice

By practicing temperance each and every day in the little things we will have temperance when the big problems confront us

Young need to realize importance of right habits "Each victory will help you, some other to win"

### Blessings In Control

In the physical realm

The glutton would be healthier if he practiced temperance

The impulse spender would be more financially secure

The covetous would be satisfied with what he has and willing to help others in need - **1Timothy 6:9**

In the spiritual realm

This is the real reward - **Matthew 5:29-30**

Using our time wisely

Plan to attend services instead of fishing, sleeping in, hunting, unnecessary work, or leaving town for vacation on Sunday morning - **2Timothy 2:22**

Temperance makes us useful for the Master's work - **2Peter 1:10**

In our dealing with others

Useful discussion rather than destructive arguments

Because we are in control of self we will be able to deal with others who may be difficult

We will lead others from sin by our example.

### **A Fruit Of The Spirit**

Self-control is both a developed characteristic and a result of following the Way of the Spirit

**2Peter 1:5-7; Galatians 5:22-23**

May take some "control" to develop

Focus on the Spiritual rather than physical is needed.

DLH