

HONORING GOD WITH OUR BODIES & OUR LIVES

The Value of Self-Discipline and Self-Control

Why do we need greater self-discipline and self-control? Anybody struggle with:

Eating too much and/or eating unhealthy?

Driving too fast?

Alcohol abuse?

Smoking?

Spending too much?

Drug addiction/abuse?

Pornography and/or looking at inappropriate things?

Not reading bible?

Not exercising, getting enough sleep or other healthy habits?

Anger?

Not praying?

Uncontrolled Tongue? Gossiping?

Laziness?

Inappropriate sexual expression?

Not saving/giving \$ well?

Too much TV and/or Internet?

Not getting education?

Impatience?

Framing Piece:

Jesus wants us to have a full (abundant) life here on earth (John 10:10).

The eternal life to come is what matters most. Improving our personal lives (e.g. more self-discipline & self-control) can help us make a bigger difference for eternity via **better** glorifying God (I Cor 10:31), loving God and people (Mat 22:34-40) and making disciples (evangelism & discipleship – Mat 28:18-20).

Relevant Biblical Principles:

- 1) **Our bodies are the “temple of the Holy Spirit”; we should seek to honor God with our bodies (I Cor 6:12-20)**
- 2) **We belong to the Lord. We don’t have the right to judge others, God will be the judge of all (Romans 14: 7-12)**

- 3) **We should “run” our lives with a godly purpose** (I Cor 9:24-27)

- 4) **God’s word encourages us to have self-control and to be self-disciplined** (I Cor 9:24-27; I Thes 5:8; Titus 2:2-6; I Peter 1:13-16; Proverbs 29:11; I Thes 4:3-8; Elders – I Tim 3:2 & Titus 1:8)

- 5) **Self-control and self-discipline have benefits for ourselves and others** (I Peter 4:7, 5:8-9)

- 6) **We gain greater self-control and self-discipline through God’s power and with His help** (Gal 5:22-23; 2 Tim 1:7; 2 Peter 1:3-11)