

CONTROL YOURSELF

...gentleness, self-control. Against such there is no law. (Gal 5:22)

- Control yourself. Is that possible?
- How about control others at work?
- How many of you have the quality of self-control in your life?

QUOTES

- Those who flee temptation generally leave a forwarding address. ~Lane Olinghouse
 - The only way to get rid of a temptation is to yield to it. ~Oscar Wilde, *The Picture of Dorian Gray*, 1891
 - About the only time losing is more fun than winning is when you're fighting temptation. ~Tom Wilson
 - Do not bite at the bait of pleasure till you know there is no hook beneath it. ~Thomas Jefferson
 - Opportunity may knock only once, but temptation leans on the doorbell. ~Author Unknown
 - If you don't learn from your mistakes, there's no sense making them.
 - If you feel you have no faults ... there's another one.
- **Are there any areas in your life that you've proven yourself that you couldn't handle? But Christ can make the difference.**

Luke 8:27 And when He stepped out on the land, there met Him a certain man from the city who had demons for a long time. And he wore no clothes, nor did he live in a house but in the tombs.

Luke 8:28 When he saw Jesus, he cried out, fell down before Him, and with a loud voice said, "What have I to do with You, Jesus, Son of the Most High God? I beg You, do not torment me!"

Luke 8:29 For He had commanded the unclean spirit to come out of the man. For it had often seized him, and he was kept under guard, bound with chains and shackles; and he broke the bonds and was driven by the demon into the wilderness.

Luke 8:30 ¶ Jesus asked him, "What is your name?" ¶ And he said, "Legion," because many demons had entered him.

Luke 8:31 And they begged Him that He would not command them to go out into the abyss.

Luke 8:32 ¶ Now a herd of many swine was feeding there on the mountain. So they begged Him that He would permit them to enter them. And He permitted them.

Luke 8:33 Then the demons went out of the man and entered the swine, and the herd ran violently down the steep place into the lake and drowned.

Luke 8:34 ¶ When those who fed *them* saw what had happened, they fled and told *it* in the city and in the country.

Luke 8:35 Then they went out to see what had happened, and came to Jesus, and found the man from whom the demons had departed, sitting at the feet of Jesus, clothed and in his right mind. And they were afraid.

- What we really want is self under the control of the Spirit. When we abide in Christ he controls our life.
- When you look at the original languages,**
- **'self'** really means to be clean and pure
 - **'control'** means to have a super human capacity
- You can hinder self-control by relying on self.
 - You cannot build this fruit of the Spirit in your life with an absence of spending time with Christ.
 - Self then becomes controlled under the Spirit.