

# Self-Control

[NEW BELIEVER'S]  
Bible Study

## Study 10

The message of the gospel is that we can trust someone greater than ourselves. That someone, as we know, is our Lord and Savior Jesus Christ. We will encounter many trials all through our lives as Christians. In order to overcome those trials, we will need self-control. Self-control is "restraint exercised over one's own impulses, emotions, or desires."

For this study, let's begin by memorizing Romans 13:14. This translation is from the New International Version:

**CLOTHE YOURSELF WITH THE LORD JESUS CHRIST, AND DO NOT THINK ABOUT HOW TO GRATIFY THE DESIRES OF THE SINFUL NATURE.**

As Christians, we desire to do what is right in the eyes of the Lord, but we are constantly struggling with sin.

In this study, you will learn how to use your self-control to fight sin and temptation. When you answer these questions, do not simply copy the verses, but use your own words.

1. Read Romans 7:14–25. In this passage, Paul tells us about his struggle with sin and about his victory in Jesus Christ. How does this passage give you hope for your Christian life?

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2. What is the key to conquering sinful desires? (Galatians 5:16) \_\_\_\_\_

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Self-control is just one part of Christian character. It is produced by the Holy Spirit, not just by the moral discipline of trying to live by the law.

3. What is the fruit of the Spirit? (Galatians 5:22–23) \_\_\_\_\_

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Notice that the word *fruit* in verse 22 is singular. Self-control is just one portion of the fruit. One of the things that the Spirit promises to do for the children of God is to help us master ourselves, our weaknesses, and our areas of temptation.

4. 2 Peter 1:5–9 speaks of the virtues that will produce a well-rounded, fruitful Christian life. According to verse 6, what are we to add to knowledge?

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Self-control is not idleness. It takes action. It is something that we need to put into practice, through the power of the Holy Spirit.

5. Read 2 Samuel 11:1–5, the story of David and Bathsheba. Did David exercise his self-control?

Verse 3 \_\_\_\_\_

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6. What are the three areas in our lives that we need to control? (1 John 2:16) \_\_\_\_\_

We will continually be tempted, but the victory is ours in Jesus Christ. See James 4:7 for more on this concept.

7. How does Jesus say we can fight temptation, in Matthew 26:41? \_\_\_\_\_

The Spirit of God in us gives us power to overcome any attacks the enemy, Satan, might make. We can overcome him not because we have control of ourselves, but because we yield ourselves to the Spirit of God and allow Him to give us His controlling power. We need to remember that we only have self-control when we let God have full control (see 2 Corinthians 3:5).

8. Being joint heirs with the Living God is the secret of being content, and the source of our strength. What do the following Scriptures tell us about strength?

(Philippians 4:13) \_\_\_\_\_

(2 Peter 1:2-3) \_\_\_\_\_

9. Self-control teaches us not to surrender to circumstances or give up under trial. It teaches us patience. Do you have patience through self-control?

Write out your memory verse below:

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\_\_\_\_\_  
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If you have any questions or prayer requests, please enclose a note with this lesson.

Male \_\_\_\_\_ Female \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Occupation \_\_\_\_\_ Phone \_\_\_\_\_

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