

The Vocabulary Of Self-Control

1 Cor.9:24-27 * April 13, 2008

“For the grace of God that brings salvation has appeared to all men. It teaches us to say ‘No’ to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age.” ~ Titus 2:11-12

- I. *What are the two things that Jesus must teach us if we are ever to overcome our untrained nature?*

What word does the Bible use a lot that best says what God wants us to have? _____

WORDS THE BIBLE USES TO SHOW US WHAT SELF-CONTROL IS:

Word #1 – *egkrateia*, which means to _____ yourself, to _____ your passions.

“Everyone who competes in the games goes into strict training.” (1 Cor.9:25).

- A. *Circle the words in vs. 25 where ‘egkrateia’ is used.*
- B. *What does the Bible assume about a Christian?*
- C. *What did Paul say in 1 Cor.6:12?
I will not be _____ by anything.*

Word #2 – *agoidzomonai*, which means to engage in a _____, to _____.

- A. *Underline the words in vs. 25 (above) where this is used.*
- B. *Where else in the Bible is this word used?*
- C. *What does this have to teach us about self-control?*

Putting Together The Puzzle Of Self-Control:

To be self-controlled (*egkrateia*) we must make every effort (*agoidzomonai*) to mature our _____, renew our _____, and train our _____.

Word #3 – *paiduo*, which means to instruct, to _____ by chastening, as with a child,

- A. *Where is this word used in Scripture?*
- B. *Why is growing up the heart important?*

Word #4 – *sophronismos*, which means soundness or fitness of _____.

- A. *Where is this word used in Scripture?*
- B. *Why is renewing the mind important?*

Word #5 – *gumnadzo*, which mean to _____, practice, train.

- A. *Where is this word used in Scripture?*
- B. *Why is Jesus’ death on the Cross so vital to this concept of training?*

This Week’s Projects:

1. Review your memory verses.
2. Identify behaviors ‘under whose authority’ you have been.
3. Honestly assess the effort you give to Jesus in general (*agoidzomonai*). Are you spiritually fit or flabby?
4. For each of the 3 remaining sections (heart, mind & body), write out a paragraph of what you are hoping to learn.

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“For the grace of God that brings salvation has appeared to all men. It teaches us to say ‘No’ to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age.” ~ Titus 2:11-12

I. *What are the two things that Jesus must teach us if we are ever to overcome our untrained nature?*

Wisdom & Discipline.

*What word does the Bible use a lot that best says what God wants us to have? **Self-Control***

WORDS THE BIBLE USES TO SHOW US WHAT SELF-CONTROL IS:

Word #1 – *egkrateia*, which means to control yourself, to restrain your passions.

“Everyone who competes in the games goes into strict training.” (1 Cor.9:25).

A. *Circle the words in vs. 25 where ‘egkrateia’ is used.*
‘strict training’

B. *What does the Bible assume about a Christian?*
That he or she will exhibit self-control. It is one of the nine fruit of the Spirit in Gal.5:22-23.

C. *What did Paul say in 1 Cor.6:12?*
I will not be mastered by anything.

Word #2 – *agoidzomonai*, which means to engage in a struggle, to fight.

A. *Underline the words in vs. 25 (above) where this is used.*
‘Everyone who competes in the games’, literally, ‘everyone who strives for the mastery’.

B. *Where else in the Bible is this word used?*
Luke 13:24; Colossians 1:29

C. *What does this have to teach us about self-control?*

Putting Together The Puzzle Of Self-Control:

To be self-controlled (*egkrateia*) we must make every effort (*agoidzomonai*) to mature our **hearts**, renew our **minds**, and train our **bodies**.

Word #3 – *paiduo*, which means to instruct, to correct by chastening, as with a child

A. *Where is this word used in Scripture?*
Hebrews 12:5-6; Rev.3:19

B. *Why is growing up the heart important?*
Everything we say and do and feel flows up out of our hearts. Jesus said that all the evil that we do flows up out of our hearts. Your heart is the control room of everything you do. The reason why we lack self-control is that running around the control room is a sinful, stubborn, rebellious child that needs to grow up. And the problem with most of us is we’re not even aware of it. Most people, even many Christians, are driven along by things going on deep inside of them

Word #4 – *sophronismos*, which means soundness or fitness of mind.

A. *Where is this word used in Scripture?*
Mark 5:15; 2 Timothy 1:7; Titus 2:12

B. *Why is renewing the mind important?*
Research into the human brain today is light years ahead of where it was just a few years ago, and it’s absolutely fascinating what we’re learning about this computer inside our heads. Far from being a fix, static lump, what we’re learning is that our brain is changing all the time in response to what the control room the heart tells it to do. The elasticity of the mind is what you hear

scientists talking about today. And in light of this amazing research, it becomes even more fascinating when you begin to look at all the Bible verses that have to do with ‘transforming our minds’ and ‘renewing our minds’, and ‘taking captive our thoughts’. God wants to help us literally rewire our brains, and as we do that, we’ll grow in wisdom and discipline – we’ll learn self-control

Word #5 – *gumnadzo*, which mean to exercise, practice, train.

A. Where is this word used in Scripture?

1 Timothy 4:7-8; Heb.5:14; 12:11

B. Why is Jesus’ death on the Cross so vital to this concept of training?

Because of Jesus’ death, sin for us is not a one and done thing. His perfect obedience counts for us. And his death also counts for us. He took our penalty and judgment on himself. So that now we are given time, and space and grace to get it right. Without the Cross, we would have no chance to get it right. We would be lost and separated from God forever. But because of Jesus, we are given a well of forgiveness to drink from, and a chance to be trained for godliness.

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