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Self-control in an Age of Addiction

Series: *The Fruit of the Spirit – Living a Life that Pleases God*
Galatians 5:16-26

Addiction: compulsive engagement in naturally rewarding behavior or compulsive drug use, despite adverse consequences.

Self-control: Gk. - enkrateia = power or lordship over oneself.

- ❖ Addiction and lack of Self-control is the result of our sinful nature.

Romans 3:22–24 (NIV) — *22 This righteousness is given through faith in Jesus Christ to all who believe. There is no difference between Jew and Gentile, 23 for all have sinned and fall short of the glory of God, 24 and all are justified freely by his grace through the redemption that came by Christ Jesus.*

Romans 5:12 (NIV) — *12 Therefore, just as sin entered the world through one man, and death through sin, and in this way death came to all people, because all sinned...*

- ❖ Addictive, compulsive behavior does not provide lasting satisfaction.

Ecclesiastes 6:7 (NIV) — *7 Everyone's toil is for their mouth, yet their appetite is never satisfied.*

Romans 6:20–21 (NIV) — *20 When you were slaves to sin, you were free from the control of righteousness. 21 What benefit did you reap at that time from the things you are now ashamed of? Those things result in death!*

- ❖ Self-centered self-control leads to bondage and manipulation.

Galatians 5:1 (NIV) — *1 It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.*

1 Timothy 4:1–5 (NIV) — *1 The Spirit clearly says that in later times some will abandon the faith and follow deceiving spirits and things taught by demons. 2 Such teachings come through hypocritical liars, whose consciences have been seared as with a hot iron. 3 They forbid people to marry and order them to abstain from certain foods, which God created to be received with thanksgiving by those who believe and who know the truth. 4 For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, 5 because it is consecrated by the word of God and prayer.*

Central Thought: Self-control that leads to freedom comes from repenting of our sins, surrendering control of our lives to Jesus and being filled by his Spirit.

Mark 1:15 (NIV) — *15 “The time has come,” he said. “The kingdom of God has come near. Repent and believe the good news!”*

Luke 9:23–25 (NIV) — *23 Then he said to them all: “Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me. 24 For whoever wants to save their life will lose it, but whoever loses their life for me will save it. 25 What good is it for someone to gain the whole world, and yet lose or forfeit their very self? (See also Matthew 11:28-30)*

Ephesians 5:18 (NIV) — *18 Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit...(See also Galatians 5:16-26)*

Homework/Questions

- ❖ Read & reflect on the “See also” passages above and Romans 6:5-14; I Corinthians 9:24-27; 2 Timothy 1:6, 7; 2 Peter 1:3-11.
- ❖ Have you repented of your sins and opened your heart in faith to Jesus?