



The Nature of Real Church: Self-Control

Greg Wendschlag August 28, 2022

*“But the fruit of the Spirit is love, joy, peace, patience, goodness, faithfulness, gentleness and **self-control**. Against such things there is no law.” Gal. 5:22-23*

Self-control: to control one’s sensual desires

*“Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. ²⁵ Everyone who competes in the games goes into **strict training**. They do it to get a crown that will not last, but we do it to get a crown that will last forever. ²⁶ Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. ²⁷ No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.” 1 Cor. 9:24-27*

1. Life is a race in which you either win or are disqualified.

“Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.”

2. Winning the race requires self-control.

“Everyone who competes in the games goes into strict training”

“For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so you do not do what you want.” Gal. 5:17

3. You need to know why you’re running.

“They do it to get a crown that will not last, but we do it to get a crown that will last forever.”

“I am coming soon. Hold on to what you have, so that no one will take your crown.” Rev. 3:11

4. You need to know the reason you’re running is worth it.

“Therefore, I do not run like someone running aimlessly; I do not fight like a boxer beating the air. ²⁷ No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.”

“For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.” 1 Tim. 4:8

5. No one can be self-controlled alone. Surrender to the Holy Spirit leads to self-mastery.

“The acts of the sinful nature are obvious...But the fruit of the Spirit is...self-control.”

“I have the right to do anything,” you say—but not everything is beneficial. “I have the right to do anything”—but I will not be mastered by anything.” 1 Cor. 6:12