

Try Harder!

- Is that what self-control is all about?
 - pulling your socks up, gritting your teeth, getting stuck in, and just doing what you should be doing?
- Physician, heal yourself! (Luke 4:23)

David's Story

- What is going on here?

Self-Control: Fruit, not Seed

- Result of knowing God, not way we know him

Self-Control: Practise, not Perfect

- David was here self-controlled, but he certainly wasn't perfect:
 - *But David thought to himself, "One of these days I will be destroyed by the hand of Saul. The best thing I can do is to escape to the land of the Philistines. Then Saul will give up searching for me anywhere in Israel, and I will slip out of his hand." (1 Samuel 27:1)*
 - *One evening David got up from his bed and walked around on the roof of the palace. From the roof he saw a woman bathing. The woman was very beautiful, and David sent someone to find out about her. (2 Samuel 11:2-3)*

Self-Control: Action, not Avoidance

- *Therefore, prepare your minds for action; be self-controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed. (1 Peter 1:13)*

Conclusion

- Started series asking the question: what does a Christian life look like?
 - that is what Paul was addressing in Galatians 5.
 - it is the opposite of a life according to the sinful human nature
 - it is according to the Spirit
 - it is the entire law summed up in a single command: "Love your neighbour as yourself."
 - it is that love expressed as joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control...