



Part 6

Titus 2:6-8

What does it look like for the younger
men in the church to willingly submit
themselves to God's leadership and
love?

Titus 2:6

6 Likewise, urge the younger men to be self-controlled [in all things].

*“But the fruit of the Spirit is love, joy,
peace, patience, kindness, goodness,
faithfulness, gentleness, self-control.”*

(Galatians 5:22-23)

Those submitting to Jesus' leadership
are...

- SELF-CONTROLLED

- *sophroneō* - to be of sound mind, to be moderated, to be regulated in a way that brings life and safety to yourself and others

Those submitting to Jesus' leadership
are...

- SELF-CONTROLLED

- *egkrateia* - to be in command of oneself; to exercise mastery within; the ability to restrain your emotions, impulses, and desires

“But I say, walk by the Spirit, and you will not gratify the desires of the flesh... Those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also keep in step with the Spirit.” (Galatians 5:16, 24-25)

Christian self-control is more Spirit-control than it is self-control. It is mastery proceeding out from within oneself, but it is not by oneself. It's harnessing your effort to keep in step with the Spirit and to allow Jesus to be Lord of your impulse and desires.

*Train yourself for godliness; for while
bodily training is of some value,
godliness is of value in every way, as it
holds promise for the present life and
also for the life to come.” (1 Timothy
4:7-8)*

*“But he refused and said to his master’s wife,
‘See, because of me my master has no concern
about anything in the house, and he has put
everything that he has in my charge. He is not
greater in this house than I am, nor has he kept
back anything from me except you, because you
are his wife. How then can I do this great
wickedness and sin against God?’” (Genesis
39:8-9)*

What motivates our self-control is
our love for God and our desire to
be faithful to him.

“And as she spoke to Joseph day after day, he would not listen to her, to lie beside her or to be with her. But one day, when he went into the house to do his work and none of the men of the house was there in the house, she caught him by his garment, saying, ‘Lie with me.’ But he left his garment in her hand and fled and got out of the house.” (Genesis 39:10-12)

As you walk this road of self-control
with Jesus, keep your eyes peeled
for God-sent escape hatches.

“No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.” (1 Corinthians 10:13)

“To the unmarried and the widows I say that it is good for them to remain single, as I am. But if they cannot exercise self-control, they should marry. For it is better to marry than to burn with passion.” (1 Corinthians 7:8-9)

If you are struggling with self-control, find the God-intended outlet for that God-given desire.

Christian self-control is kingdom-minded and profoundly intentional.

"I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified." (1 Corinthians 9:26–27)

“For though I am free from all, I have made myself a servant to all, that I might win more of them... To the weak I became weak, that I might win the weak. I have become all things to all people, that by all means I might save some. I do it all for the sake of the gospel, that I may share with them in its blessings.” (1 Corinthians 9:19, 22-23)