

Like a city whose walls are broken  
through is a person who lacks self-control.

- Proverbs 25:28 (NIV) -



“Whoever has no rule over his own  
spirit, Is like a city broken down,  
without walls. – Prov. 25:28



# The Need for Self-Control

THE SUNDAY OF NESI

# What is self-control?

- ▶ The dominance over one's desires



# The Need for Self-Control

- ▶ The nature of sin is enslaving
- ▶ We were created with free-will
- ▶ We will be judged according to our choices (works)
  - ▶ “For we must all appear before the judgment seat of Christ, that each one may receive the things done in the body, according to what he has done, whether good or bad.” (2 Cor. 5:10)
  - ▶ “And I saw the dead, small and great, standing before God, and books were opened. And another book was opened, which is the Book of Life. And the dead were judged according to their works, by the things which were written in the books.” (Rev. 20:12)

# The Difficulty

- ▶ Human nature
  - ▶ “For we know that the law is spiritual, but I am carnal, sold under sin. 15 For what I am doing, I do not understand. For what I will to do, that I do not practice; but what I hate, that I do.” (Rom. 7:14-15)
- ▶ Carnal pleasures of sin
- ▶ Peer pressure
  - ▶ “...do I seek to please men? For if I still pleased men, I would not be a bondservant of Christ.” (Gal. 1:10)
  - ▶ “The fear of man brings a snare, But whoever trusts in the Lord shall be safe.” (Prov. 29:25)

# Developing Self-Control

- ▶ Fasting
  - ▶ *“A clear rule for self-control as handed down by the Fathers is this: stop eating while you are still hungry and do not continue until you are satisfied.”* (St. John Cassian)
- ▶ Serve
  - ▶ *“Therefore, if food makes my brother stumble, I will never again eat meat, lest I make my brother stumble.”* (1 Cor. 8:13)
- ▶ Acquire spiritual friendships

# Summary

## ▶ **The Need for Self-Control**

1. The nature of sin is enslaving
2. We were created with free-will
3. We will be judged according to our choices

## ▶ **The Difficulty**

1. Human nature
2. Carnal pleasures of sin
3. Peer pressure

## ▶ **Developing Self-Control**

1. Fasting
2. Serve
3. Acquire spiritual friendships