

"Self-Control"

The "HomeSaver" bookends:

Love is the fruit where it all begins
Self-control is the fruit that makes it work

My need for self-control:

My acts of obedience and disobedience
My control of emotions
My compulsive behaviors
My spiritual disciplines

So what does it really matter?

I hurt myself
I hurt those who love me
I hurt the reputation of my Lord

If self-control is so important then why...

Do I resist it?	Sacrifice stinks
Do I refuse it?	Desire rules
Do I always fail?	Weariness wins

Lessons from a paralyzed man:

Admit the truth	I am a mess
Decide for change	I really want it
Abandon our excuses	It's all me
Listen to Jesus	Whatever He says
Obey immediately	Now is the time
Accept the mystery	It takes a miracle
Live accountably	Be done with sin
Glorify Jesus	Tell my story

Invitations for prayer:

Show me the truth about myself
Reveal to me your unconditional love
Transform my will and heart
Empower me in my weakness

John 5:1-15

5:1 Some time later, Jesus went up to Jerusalem for a feast of the Jews. 2 Now there is in Jerusalem near the Sheep Gate a pool, which in Aramaic is called Bethesda and which is surrounded by five covered colonnades. 3 Here a great number of disabled people used to lie-the blind, the lame, the paralyzed. 5 One who was there had been an invalid for thirty-eight years. 6 When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, "Do you want to get well?"

7 "Sir," the invalid replied, "I have no one to help me into the pool when the water is stirred. While I am trying to get in, someone else goes down ahead of me."

8 Then Jesus said to him, "Get up! Pick up your mat and walk." 9 At once the man was cured; he picked up his mat and walked.

The day on which this took place was a Sabbath, 10 and so the Jews said to the man who had been healed, "It is the Sabbath; the law forbids you to carry your mat."

11 But he replied, "The man who made me well said to me, 'Pick up your mat and walk.'"

12 So they asked him, "Who is this fellow who told you to pick it up and walk?"

13 The man who was healed had no idea who it was, for Jesus had slipped away into the crowd that was there.

14 Later Jesus found him at the temple and said to him, "See, you are well again. Stop sinning or something worse may happen to you." 15 The man went away and told the Jews that it was Jesus who had made him well.

1 Thessalonians 5:4-8

4 But you, brothers, are not in darkness so that this day should surprise you like a thief. 5 You are all sons of the light and sons of the day. We do not belong to the night or to the darkness. 6 So then, let us not be like others, who are asleep, but let us be alert and self-controlled. 7 For those who sleep, sleep at night, and those who get drunk, get drunk at night. 8 But since we belong to the day, let us be self-controlled, putting on faith and love as a breastplate, and the hope of salvation as a helmet.
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Galatians 5:13-26

13 You, my brothers, were called to be free. But do not use your freedom to indulge the sinful nature; rather, serve one another in love. 14 The entire law is summed up in a single command: "Love your neighbor as yourself." 15 If you keep on biting and devouring each other, watch out or you will be destroyed by each other.

16 So I say, live by the Spirit, and you will not gratify the desires of the sinful nature. 17 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 that you do not do what you want. 18 But if you are led by the Spirit, you are not under law.

19 The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; 20 idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions 21 and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

22 But the fruit of the Spirit is

love

joy

peace

patience

kindness

goodness

faithfulness

gentleness

self-control

Against such things there is no law. 24 Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit. 26 Let us not become conceited, provoking and envying each other.

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SERMON NOTES

John 5:1-15

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