

## Cultivating Self-Control

### 2 Peter 5: 3-8 (ESV)

<sup>3</sup> His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to<sup>[c]</sup> his own glory and excellence,<sup>[d]</sup> <sup>4</sup> by which he has granted to us his precious and very great promises, so that through them you may become partakers of the divine nature, having escaped from the corruption that is in the world because of sinful desire. <sup>5</sup> **For this very reason, make every effort to supplement your faith with virtue,<sup>[e]</sup> and virtue with knowledge, <sup>6</sup> and knowledge with self-control, and **self-control** with steadfastness, and steadfastness with godliness, <sup>7</sup> and godliness with brotherly affection, and brotherly affection with love. <sup>8</sup> For if these qualities<sup>[f]</sup> are yours and are increasing, they keep you from being ineffective or unfruitful in the knowledge of our Lord Jesus Christ.**



### Galatians 5:22 (ESV)



. <sup>22</sup> But the **fruit** of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup> gentleness, **self-control**; against such things there is no law. <sup>24</sup> And those who belong to Christ Jesus have crucified the flesh with its passions and desires.

<sup>25</sup> If we live by the Spirit, let us also keep in step with the Spirit.

#### Cultivate:

*verb (used with object), cul-ti-vat-ed, cul-ti-vat-ing.*

to prepare and work on (land) in order to raise crops; till.

to use a [cultivator](#) on.

to promote or improve the growth of (a plant, crop, etc.) by labor and attention.

to produce by culture:*to cultivate a strain of bacteria.*

to develop or improve by education or training; train; refine:*to cultivate a singing voice.*

to promote the growth or development of (an art, science, etc.); foster.

#### Self-Control:

control or restraint of oneself or one's actions, feelings, etc.

How are you doing at controlling your desires, emotions, feelings, routines, habits, character flaws, IA, lust, temper, work, alcohol, PMO.... Do you have the self control to say no? Do you have the discipline to turn your eyes? Do you have the humility to recognize and admit your mistakes? What changes do you need to make and how?

### Practical Cultivating

- Start small. Recognize the small changes you need to make and work at it steadily
- Do you have a routine? You need one and stick to it.
- Tell someone of the small changes you want to make. Get them to keep you accountable to your commitment.
- Dig Deep. The hard surface needs to be cracked in order for oxygen to get below the surface.
- Pray for the growth you need in particular areas of your life
- Use the seasons wisely!
- Fertilize, add nutrients, water abundantly! Healthy roots= healthy vines= Healthy foliage= healthy fruit
- Share the harvest!!
- Plan ahead
- Prepare for the worse
- Fence your investment! The devil is pretty greedy.
- Prune where necessary
- Keep out the weeds!
- Recognize WHO has given every good and perfect gift

### James1:17,18 (ESV)

<sup>17</sup> Every **good gift** and every **perfect gift** is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change.<sup>[a]</sup> <sup>18</sup> Of his own will he brought us forth by the word of truth, that we should be a kind of **firstfruits** of his creatures.