

Theme: The wise cultivate self-control, building helpful traits and restricting harmful desires.

I. Intro – Border Security

- A. Increased security after 9/11
- B. All attempts to keep bad guys out
- C. Very complex process today
- D. In ancient world – the city wall
- E. Without a wall, cities had no defense

II. The Importance of Self-Control

- A. The wall of protection is self-control (25:28)
- B. Self-control is essential part of discipleship
 - 1. Titus 2:2-6; 2:11-12
 - 2. 1 Cor 9:25-27; Acts 24:25
- C. No self-control = no character growth
 - 1. Defenseless against enemies (25:28)
 - 2. No chance to nurture our soul (25:28)

III. Developing the Wall of Self-Control

- A. Positive traits – building the wall – the wise
 - 1. Planning – 6:6-8; 20:4 – planning IS faith! - Eliot

2. Hard work – 6:9-11; 14:23

3. Self-governing – 6:6-8

4. Careful attention to daily responsibilities – 27:23-27

5. Self-restraint – 25:16

B. Negative Traits – protecting the wall – the sluggard

1. Excuses – 22:13;

2. Laziness – 26:13-15;

3. Sexual promiscuity – 7:21-23;

4. Anger – 14:17; 16:32

C. The Fruit of Self-Control & Self-Indulgence

1. Promotion or demotion – 12:24;

2. Prosperity or poverty – 10:4;

3. Fulfilled desires or unfulfilled cravings – 13:4;

4. Pleasant path or wearisome way – 15:19;

IV. Conclusion & Summary

A. Do you see the importance of self-control?

1. Without this we are defenseless – life distracts

2. This is integral to being blessed by God

B. Do you see our society is self-indulgent?

1. Built by Puritan work ethic; ruined by self-indulgence
2. Delayed gratification vs immediate gratification

C. Which traits define me?

1. Planning, hard-working, self-governing, responsible, restraint?
2. Excuses, lazy, promiscuous, angry, unrestrained?

D. Drawing upon the Spirit for self-control

1. Self-control is a fruit of the Spirit
2. We cultivate it through means of grace

E. Communion

The Self-Control of the Wise

Proverbs 25:28
December 3, 2006
Communion
Hebrews 13:20-21

2 Teach the older men to be temperate, worthy of respect, self-controlled...
3 Likewise, teach the older women to be reverent... 4 Then they can train
the younger women to love their husbands and children, 5 to be self-
controlled and pure...6 Similarly, encourage the young men to be self-
controlled. Titus 2:2-6

11 For the grace of God that brings salvation has appeared to all men. 12 It
teaches us to say "No" to ungodliness and worldly passions, and to live self-
controlled, upright and godly lives in this present age Titus 2:11-12

25 Everyone who competes in the games goes into strict training. They do it
to get a crown that will not last; but we do it to get a crown that will last
forever. 26 Therefore I do not run like a man running aimlessly; I do not
fight like a man beating the air. 27 No, I beat my body and make it my slave
so that after I have preached to others, I myself will not be disqualified for
the prize. 1 Corinthians 9:25-27

25 As Paul discoursed on righteousness, self-control and the judgment to
come, Acts 24:25

6 Go to the ant, you sluggard; consider its ways and be wise! 7 It has no
commander, no overseer or ruler, 8 yet it stores its provisions in summer
and gathers its food at harvest. Proverbs 6:6-8

A sluggard does not plow in season; so at harvest time he looks but finds
nothing. Proverbs 20:4

9 How long will you lie there, you sluggard? When will you get up from
your sleep? 10 A little sleep, a little slumber, a little folding of the hands to
rest-- 11 and poverty will come on you like a bandit and scarcity like an
armed man. Proverbs 6:9-11

23 All hard work brings a profit, but mere talk leads only to poverty. 14:23

6 Go to the ant, you sluggard; consider its ways and be wise! 7 **It has no
commander, no overseer or ruler**, 8 yet it stores its provisions in summer
and gathers its food at harvest. Proverbs 6:6-8

Be sure you know the condition of your flocks, give careful attention to
your herds; 24 for riches do not endure forever, and a crown is not secure
for all generations. 25 When the hay is removed and new growth appears
and the grass from the hills is gathered in, 26 the lambs will provide you
with clothing, and the goats with the price of a field. 27 You will have
plenty of goats' milk to feed you and your family and to nourish your
servant girls. Proverbs 27:23-27

16 If you find honey, eat just enough-- too much of it, and you will vomit.
Proverbs 25:16

13 The sluggard says, "There is a lion outside!" or, "I will be murdered in
the streets!" Proverbs 22:13

13 The sluggard says, "There is a lion in the road, a fierce lion roaming the
streets!" 14 As a door turns on its hinges, so a sluggard turns on his bed.
15 The sluggard buries his hand in the dish; he is too lazy to bring it back to
his mouth. Proverbs 26:13-15

21 With persuasive words she led him astray; she seduced him with her
smooth talk. 22 All at once he followed her like an ox going to the
slaughter, like a deer stepping into a snare, 23 till an arrow pierces his liver,
like a bird darting into a snare, little knowing it will cost him his life.
Proverbs 7:21-23

17 A quick-tempered man does foolish things, and a crafty man is hated.
Proverbs 14:17

32 Better a patient man than a warrior, a man who controls his temper than
one who takes a city. Proverbs 16:32

Diligent hands will rule, but laziness ends in slave labor. Proverbs 12:24

Lazy hands make a man poor, but diligent hands bring wealth. Pro 10:4

The sluggard craves and gets nothing, but the desires of the diligent are
fully satisfied. Proverbs 13:4

The way of the sluggard is blocked with thorns, but the path of the upright
is a highway. Proverbs 15:19