

THE FRUIT OF THE SPIRIT IS SELF CONTROL (Gal. 5:23)

David Renwick, Lenten Vespers, April 9, 2014
National Presbyterian Church

Romans 12:9-21 (selected)

⁹Let love be genuine; hate what is evil, hold fast to what is good;

¹⁴Bless those who persecute you; bless and do not curse them.

¹⁷Do not repay anyone evil for evil, but take thought for what is noble in the sight of all.

¹⁹Beloved, never avenge yourselves, but leave room for the wrath of God; for it is written, “Vengeance is mine, I will repay, says the Lord.”

²⁰No, “if your enemies are hungry, feed them; if they are thirsty, give them something to drink; for by doing this you will heap burning coals on their heads.” ²¹**Do not be overcome by evil, but overcome evil with good.**

(¹⁵Rejoice with those who rejoice, weep with those who weep.)

1 Peter 2:21-25 – Jesus’ Example

²¹For *to this you have been called*, because Christ also suffered for you, leaving you an example, so that you should follow in his steps. ²²“He committed no sin, and no deceit was found in his mouth.” ²³When he was abused, he did not return abuse; when he suffered, he did not threaten; but he entrusted himself to the one who judges justly. ²⁴He himself bore our sins in his body on the cross, so that, free from sins, we might live for righteousness; by his wounds you have been healed.

Luke 23:32-37

³³When they came to the place that is called The Skull, they crucified Jesus there

³⁴Then Jesus said, “*Father, forgive them; for they do not know what they are doing.*” . . . ³⁵The people stood by, watching; but the leaders scoffed at him . . .

³⁶The soldiers also mocked him, coming up and offering him sour wine, ³⁷and saying, “If you are the King of the Jews, save yourself!”

STRATEGIES FOR SELF CONTROL

2 Corinthians 10:3-5 ⁴for the weapons of our warfare are not merely human, but they have divine power to destroy strongholds . . . we take every thought captive to obey Christ.

Ephesians 6:12 Our struggle is *not against enemies of flesh and blood* but against principalities and powers, against the cosmic powers of the present darkness

Proverbs: Controlling Anger

12:16 Fools show their anger at once, but the prudent ignore an insult.

14:29, 16:32 One who is slow to anger is better than the mighty, and one whose temper is controlled than one who captures a city.

15:18 Those who are hot-tempered stir up strife, but those who are slow to anger calm contention.

19:11-12 Those with good sense are slow to anger, and it is their glory to overlook an offense.

21:23 To watch over mouth and tongue is to keep out of trouble.

25:15 A soft tongue can break bones.

29:11 A fool gives full vent to anger, but the wise quietly holds it back.

15:1 A soft answer turns away wrath, but a harsh word stirs up anger.

22:8 Whoever sows injustice will reap calamity, and the rod of anger will fail.

22:24 Make no friends with one given to anger; do not associate with hotheads.

29:22 One given to anger stirs up strife; a hothead causes much transgression.

Scripture: Loss of Self-Control

Genesis 3 Adam & Eve

Genesis 27 Esau’s Eating

1 Samuel 25 Nabal’s antagonistic/bad tempered spirit

2 Samuel 11 David’s Adultery

Matt.16:22-23, 26:31-35 Peter’s “mouth”! (also, Gal. 2:11)

Micah 2:1-2 Greed and Power: *Alas for those who devise wickedness and evil deeds on their beds! When the morning dawns, they perform it, because it is in their power. They covet fields, and seize them; houses, and take them away; they oppress people and their inheritance.*

Scripture: Regaining Self-Control

Genesis 50:15-21 Joseph not retaliating

1 Samuel 24 David choosing not to grab power

Esther 4:15-16 Esther regaining composure and courage

Daniel 1, 6 Daniel eating kosher! Worshiping only God

Gospels Jesus remaining on the path to the cross

James 3:1-12 “Bridling” the tongue: *“How great a forest is set ablaze by a small fire. And the tongue is a fire (3:5-6)*