

SELF CONTROL

Int.

1. Aim: To show how David had self control and that we also must exercise self-control!
2. 2 Pet. 1:5-7 v. 6 "temperance" or self control
 - a. The first victory which everyone should seek to achieve is victory over self
 - b. "Most powerful is he who has himself in his own power." - Seneca
 - c. "No man is free who cannot command himself". Pythagoras
 - d. "Our temper is one of the few things that improves the longer we keep it." Robert Louis Stevenson
 - e. To control our desires, displeasures, and temper is a tremendous job.
3. Solomon said -
 - a. Prov. 25:28 "He that hath no rule over his own spirit is like a city that is broken down, and without walls."
 - b. Prov. 16:32 "He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city."
 - c. In Prov 15:1 he said "A soft answer turneth away wrath: but grievous words stir up anger."
 - d. Prov. 14:17 "He that is soon angry dealeth foolishly: and a man of wicked devices is hated."
 - e. Eccl. 7:9 "Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools."
4. Illustration - Man got in a fight with a pay phone (at end of outline)

5. Expressions showing that people do not have self-control:
 - a. "Flying off the handle"
 - b. "Losing our cool"
 - c. "Blowing our top"
6. David is a good example of self control
 - a. 1 Sam. 17:19-32
 - b. David accused of being fit only to tend sheep - charged with being proud and discontented with his calling, and desiring to see bloodshed.
 - c. This would have excited the anger in most of us.
 - d. But David won a greater victory at this point than the later victory over Goliath!
 - e. Notice the greatness of his self-control!!!

Discussion

I. SELF-CONTROL ACHIEVED UNDER SEVERE CIRCUMSTANCES

A. BEING VERBALLY ATTACKED BY HIS BROTHERS

1. 1 Sam. 17:28 "And Eliab his eldest brother heard when he spake unto the men; and Eliab's anger was kindled against David, and he said, Why camest thou down hither? and with whom hast thou left those few sheep in the wilderness? I know thy pride, and the naughtiness of thine heart; for thou art come down that thou mightest see the battle."
2. David could have reacted:
 - a. "You've got a yellow streak a mile wide - you are a big coward."
 - b. "You're always picking on me because I'm younger and smaller."
 - c. But he conquered self and did not strike back

d. 1 Sam. 17:29 "And David said, What have I now done? Is there not a cause?"

3. Application:

a. It is hard to have self control when the family attacks us verbally

(1) Natural affection vanishes with anger or envy

(2) Cain killed Abel because he was angry

b. Sometimes brothers in Christ condemn us

(1) They conclude that we are ignorant and immature

(2) They rebuke us to justify themselves

(3) Yet we must be like David and maintain self control

c. Jesus said: Mt. 5:39 "But I say unto you, That ye resist not evil: but whosoever shall smite thee on thy right cheek, turn to him the other also."

(1) Dealing with the law of retaliation

(2) People wanted vengeance - revenge

(3) Turning the other cheek is practicing self-control

B. SELF-CONTROL DESPITE AN UNGRATEFUL RETURN FOR KINDNESS

1. David came with food, provisions -- ephah of parched corn, 10 loaves of bread and cheese, and gifts for the leaders

2. His love caused him to rush into the ranks to inquire of the welfare of his brothers.

3. Application:

a. Have you ever got mud in your eye for trying to do what's good for others.

b. Perhaps you are never thanked or you are told to mind your own business

- c. Luke 17:12-18 - story of 9 ungrateful lepers
 - (1) Christ could have smote them again with blindness
 - (2) He could have found them and severely rebuke them
 - (3) He accepted it and won a victory in self-control

C. **SELF-CONTROL DESPITE AN UNFAIR JUDGMENT OF MOTIVES**

1. David's problem:
 - a. Eliab accused David of being too noseey.
 - b. He accused David of provoking them so he could enjoy seeing a good fight.
 - c. David asked, "What have I done? I was only interested in this battle and was doing no wrong."
2. Application:
 - a. Mt. 7:1-5
 - b. Many good people do good deeds and other people misrepresent their motives
 - (1) Husband obeys gospel - someone immediately says he did it for the sake of his wife
 - (2) A person gives an unusual amount of money, someone says he does it to be seen of men. If he doesn't give then he is described as a stingy hypocrite
 - c. David could have replied angrily - But he exercised self-control
 - (1) Why not pray for those who misinterpret our motives
 - (2) Mt. 5:44 "But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you;"

D. SELF-CONTROL DESPITE AN OPEN ATTACK UPON HIS REPUTATION

1. David:
 - a. Eliab accused him of pride and being evil in heard
 - b. David could have reacted by dragging some skeletons out of Eliab's closet
2. Application:
 - a. Sometimes a brother will openly criticize or besmear our character
 - b. Gossip begins to get hotter
 - c. We often times react by dragging out old skeletons from our brother's closet
 - d. Mt. 5:10-12 "Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven. 11. Blessed are ye, when men shall revile you, and persecute [you], and shall say all manner of evil against you falsely, for my sake. 12. Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you."
 - e. If your character is in the Lord you will have no fear or an attack on your reputation!

E. in severe circumstances David had self-control therefore he:..

II. EXHIBITED AN ADMIRABLE SPIRIT

A. EXTRA-ORDINARY MEEKNESS AND PATIENCE

1. He became a type of Christ:
2. Notice these scriptures:
 - a. Prov. 14:29 "He that is slow to wrath is of great understanding: but he that is hasty of spirit exalteth folly."
 - b. Prov. 15:18 "A wrathful man stirreth up strife: but he that is slow to anger appeaseth strife."
 - c. Jas. 1:19-20 "Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath: 20. For the wrath of man worketh not the righteousness of God."

B. FIRM AND FAST REPRESSION OF ANGER

1. No doubt he maintained a flash of righteous indignation at the assault on his person.
2. In Ecl. 7:9 we learn that "anger lodges in the bosom of fools."
3. When we are offended by others we must not:
 - a. Let our minds dwell on them
 - b. Think how they ought to have treated us
 - c. Contemplate how they are or they think they are
 - d. This is but fuel for the fire of hatred

4. Eph. 4:26 "Be ye angry, and sin not: let not the sun go down upon your wrath:"
- v. 27 "Neither give place to the devil."
 - a. Get it settled then forget about it
 - b. Col. 3:8-9 "But now ye also put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth. 9. Lie not one to another, seeing that ye have put off the old man with his deeds;" --- anger has been put off

C. WISE AND GENTLE LANGUAGE USED

1. It is as useless to reason with a fence post as to try to reason with an angry man.
2. Prov. 15:1 "A soft answer turneth away wrath: but grievous words stir up anger."
3. Ps. 141:3 "Set a watch, O Lord, before my mouth; keep the door of my lips."
4. The immoderate, licentious tongue is like a blustering wind among the boughs of the trees, rushing and tearing the life and spirit of a man's self and others.
5. Jesus always spoke in quite measured tones

D. He stuck to his goals

1. 1 Sam. 17:30 "And he turned from him toward another, and spake after the same manner: and the people answered him again after the former manner."
2. David went on talking after the same manner
3. We must not be deterred from right. We must pursue it even more so, in order to rectify our sincerity.
4. Rather than anger, we must turn to the commands of God to find our rule of conduct

5. Follow the example of Christ -- 1 Pet. 2:21-23 "For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow his steps: 22. Who did no sin, neither was guile found in his mouth: 23. Who, when he was reviled, reviled not again; when he suffered, he threatened not; but committed himself to him that judgeth righteously:"
6. What a tragedy if our error were worse than the one who attacked us!!!!

CONCLUSION

1. Self Control will bring a happy life, because:
 - a. You will have a satisfied spirit
 - (1) To conquer greatest enemy consoles the mind
 - (2) Christ conquered temptation and angels came and ministered unto him
 - (3) Till we have conquered self we are a slave to others
 - b. You will have a Worthy Character
 - (1) Much truth is judged by the manner in which the accused reacts
 - (2) Person who acts with calmness and soft words will be judged on his own merits
 - (3) 1 Sam. 17:31 "And when the words were heard which David spake, they rehearsed them before Saul: and he sent for him."
 - c. Prepared for future trials
 - (1) David could not have defeated Goliath if he had lost the first battle with self
 - (2) He needed a clear eye, steady arm and calm heart
 - (3) Think of the results if he had gone into battle mad and angry

2. Self control -- the first victory a man must make!
3. If we do not control self we will be defeated in life and unhappy and miserable.
4. "A Christian is a man who has control of himself so he can let God direct him."
5. II Pet. 1:5-7 "...temperance..."

SELF CONTROL

Man who lost a fight with a pay phone

Police in Iowa City, Iowa Responded to reports of a stabbing, but found instead a man who had lost a fight with a pay phone.

According to police, a man had tried to call a friend from a pay phone and got angry when there was no answer. He jerked the receiver, trying to tear it off the phone. He managed to stretch the wire webbing that covers the phone cord, but the cord did not break.

The man became even more angry and threw the receiver. The cord still did not break. What it did was snap back and wrap around the man's neck. The sharp edges of the stretched wire webbing dug into the man's neck, cutting him. The more he struggled to free himself, the deeper the webbing cut. So there he was, injured, embarrassed, and captured, all by the wire on a pay telephone.

Of course, what really had gotten the best of the man was his own temper. He had vented his rage, only to find rage has a way of turning on its source.

Anger is a natural emotional response. I may not be able to always control how I feel. I can control what I do about it. I may not be able to control the emotion I feel if an urgent call is unanswered. I can control what I do with the receiver. The Bible admonishes us in our anger not to sin. Eph. 4:26. Paul went on to say that allowing ourselves to stay angry gives the devil an opportunity.

James 1:19-20 warns that we should be slow to anger because our anger does not achieve the righteousness of God.

We should be careful lest our anger do us in. Also, watch out for Pay Phones.