

# **JESUS CHRIST: OUR GREATEST EXAMPLE OF SELF-CONTROL**

*23 But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members. 24 O wretched man that I am! Who will deliver me from this body of death? 25 I thank God—through Jesus Christ our Lord! So then, with the mind I myself serve the law of God, but with the flesh the law of sin. (Romans 7:23 – 25)*

## DEFINING SELF-CONTROL

restraint exercised over one's  
own impulses, emotions, or  
desires.”

Romans 7:15 – 20

Romans 7:23 – 25



# LESSONS LEARNED FROM JESUS CHRIST' RESTRAINT

- **In the Wilderness – Do we have control over temptation or does it control us?**
  - Matthew 4:1 – 11
  - Do we have control over temptation or does it control us?
    - Matthew 5:27 – 28
    - James 1:14 – 15
    - Luke 9:23 – 26
    - 1 Corinthians 10:12 – 13
    - Galatians 5:19 – 26
    - 2 Peter 1:5 – 8
    - Ephesians 4:25 – 32
    - 1 Corinthians 6:9 – 11

# LESSONS LEARNED FROM JESUS CHRIST' RESTRAINT

- **In the Wilderness – Do we have control over temptation or does it control us?**
- **In the Garden – Do we have control over our emotions or do they control us?**
  - Matthew 26:50 – 54
  - Do we have control over our emotions or do they control us?
    - Titus 2:14
    - Acts 8:1 – 3
    - Acts 22:1 – 5
    - Ephesians 4:25 – 32
    - Proverbs 15:18
    - Proverbs 16:32
    - Proverbs 17:27
    - Proverbs 19:11
    - Proverbs 25:28

# LESSONS LEARNED FROM JESUS CHRIST' RESTRAINT

- **In the Wilderness – Do we have control over temptation or does it control us?**
- **In the Garden – Do we have control over our emotions or do they control us?**
- **In the courts of the Jewish Leaders and Pilate – Do you have control over your reactions or do you allow circumstances to have control over you?**
  - Acts 8:26 – 39
  - Matthew 26:62 – 68
  - Matthew 27:11 – 14
  - 1 Peter 2:21 – 25
  - Do you have control over how you react or do you allow circumstances to have control over you?
    - 2 Timothy 3:1 – 5
    - Judges 3:1 – 4
    - 1 Chronicles 29:17
    - Job 2:10
    - 1 Corinthians 3:11 – 15

WHAT CONTROLS YOU?