

# 28 Rule Over Your Body

## Chapter

1 Corinthians 9:24–27, Romans 13:13–14

### Today's Lesson:



1. To understand the meaning and reasons for self-control.

2. To understand that as Christians, we must exercise self-control to live a victorious life.

Open Your Heart



This cool sports car has the best design and performance. It has a 4-cylinder engine with a maximum output of 500 horsepower. In addition to this, because it's a hybrid car, it gets 50 miles to the gallon. It can go from 0 to 60 miles per hour in just 3.2 seconds and can reach a maximum speed of 200 mph. This car is truly at the very top of the line.

However, if this incredibly powerful car did not have functioning brakes, would you still drive this car?



## Understanding Today's Lesson

The life of faith after salvation is not comparable to that of a short sprint but rather a long marathon. It takes a lot of virtue to compete and emerge victorious in such a long race. One of those virtues is self-control. To be able to qualify for a race and compete to win the prize, an athlete must be temperate in all things. There is a lot of suffering during this process, but we continue to endure in order to achieve our goals. The Bible says that "everyone who competes for the prize is temperate in all things." Self-control is a virtue that should be emphasized even more for those who are in their youth and are in the process of preparing for the future.

Among the many great figures in the Bible, there were many people like us who, in their teens, were able to be used preciously by the Lord because they exercised self-control. For example, in the Old Testament, Joseph was tempted by Potiphar's wife in Egypt while he was still in his youth. However, by looking onto God and exercising self-control, Joseph was able to rise up and become the Prime Minister of Egypt. Daniel, who was taken to the foreign land of Babylon, also purposed his heart before God and refused the king's delicacies offered in the palace. Because of his life of self-control, Daniel was elevated to the position of governor over Babylon and Persia. There are many things in this world that tempt us as Christians. And internally, there is the lust of the flesh that goes against the will of the Lord. What must we do to be able to exercise self-control against these temptations and live a victorious Christian life?

Notes:



And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown.

(1 Corinthians 9:25)

## Memorizing Bible Verses



## Meditate

# On These Verses

1. After you have meditated on the following verses, give a title of the verse or write a short summary of the verse. Also, write down things you have felt about the verse, or other verses that it has reminded you of.

(Ephesians 4:26–27)

(Ephesians 5:3–7)

(Colossians 3:5–8)

2. Read Genesis 39:7–12 and write down the secret to how Joseph was able to overcome the temptation of Potiphar's wife.

1)

2)

3)



## Changing

# Directions

1. Write down the things that you have the most difficulty exercising self-control over and how you can overcome them (i.e. TV or movies, smartphone, celebrities, friends, games, internet, exercising, appetite, appearance, emotional ups and downs, etc.)

Things that I cannot exercise self-control over	How can I overcome this?

2. In James 3:1–12, there are verses that speak of the tongue (words). Read these verses and think about if there were any times in which you hurt someone because you were unable to control your words. And write down two things that can help you reduce the mistakes that you make with your words.



Applying

## The Word to My Life

For as the body without the spirit is dead, so faith without works is dead also.  
(James 2:26)

1. Please write down how you will apply what you learned today throughout this week.

1.)

2.)

3.)

2. Look back and reflect on how successful you were at applying last week's lesson.



Praying

## To Live According to the Word

Let us pray so that when there is something I want that is displeasing to God, I will be able to have the heart and strength to restrain myself from it.



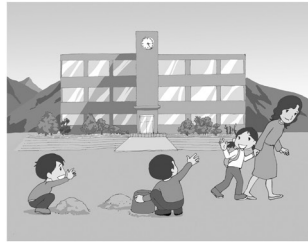
# Our Story

## Spiritual Orphan

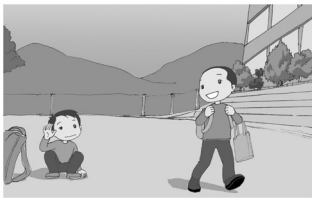


When I was young, there were many orphans at my school.

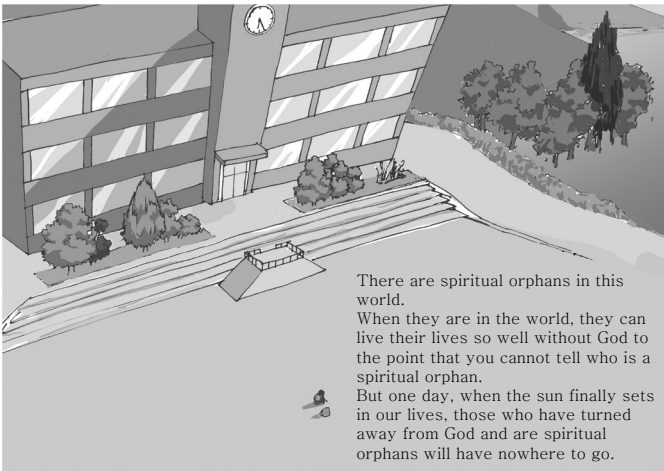
When we were all together, we did not know who the orphans were, but after school ended, it became apparent.



The children who had parents went home when the sun started to set.



But the orphans...they would sit quietly in front of the school even when the sun was setting.



There are spiritual orphans in this world.

When they are in the world, they can live their lives so well without God to the point that you cannot tell who is a spiritual orphan.

But one day, when the sun finally sets in our lives, those who have turned away from God and are spiritual orphans will have nowhere to go.

**Then the dust will return to the earth as it was, And the spirit will return to God who gave it. (Ecclesiastes 12:7)**

## Rule Over Yourself

One day, a young man came to D.L. Moody and asked him a question.

"Mr. Moody, now that I am converted, must I give up the world?"

That was when Moody answered,

"No, you haven't got to give up the world. If you give a good ringing testimony for the Son of God, the world will give you up pretty quick; they won't want you around."

It is not easy for us to be able to overcome our fleshly lusts and desires. That is why Moody also said that "I have had more trouble with myself than with any other man I have ever met." And if we are not able to overcome our flesh, then we will lose the strength to preach to unbelievers.

"If you indulge in yourself, you will lose your ability. I do not believe that I can live with the fullness of God's power while living in luxury, fulfilling my natural desires, and coveting delicious food. The fulfillment of the body and the fullness of the Holy Spirit cannot go hand in hand."





# Wednesday

Sermon

Date. | |

Title:

Speaker:

Main Passage:



# Sunday

Sermon

Date.

|

|

Title:

Speaker:

Main Passage: