



## Teaching Notes: Ray Davis

August 22, 2010

### WISDOM

(Competent In Life's Realities)

# desert breeze community church

## “Self-Control”

The Book of Proverbs is not so much about how to make wise decisions as much as it is about how to be the kind of person who makes wise decisions. Basic to becoming a wise person is the ability to above all else guard your heart (Pro. 4:23).

Proverbs 25:28; 23:19-21; 18:10-11

### What Is Self-Control?

Proverbs 25:28

Passion -> Priorities -> Practices

(Pro. 4:23; Matt. 6:21; Mark 7:14-23; Luke 6:43-45)

- It is a mastering of my Passions (emotions & desires) rather than to allow them to master me.
- It is a choosing of my Priorities so that the most important things are desired most and the less important things are desired less.
- It is the establishing of my Practices by choosing the important thing over the urgent at any given moment.

### Why Is Self-Control Important?

Proverbs 23:19-21

- It determines the trajectory of my life. v19 “direct your heart in the way” (Pro. 4:10-23; 23:12, 26)
- It can keep us from friends who bring us down. v20 “Be not among drunkards...” (Ps. 1:1-3; Pro. 1:10-19; 1 Cor. 15:33)
- It will lead to poverty in the important areas of my life. v21 “...will come to poverty” (Eph. 5:15-17; Ps. 90:12; Pro. 6:9-11)
- It will lead to an addictive cycle of being stuck. v21 “slumber (drowsiness) will clothe them with rags.” (Rom. 7:18-25; 2 Pet. 2:19; 1 Cor. 6:12)

## How Can I Develop More Self-Control?

Proverbs 18:10-11

- Identify my misplaced security and stuck points. v11 A rich man's wealth is his strong city, and like a high wall in his imagination.
- Regularly tell myself who Christ is specific to my stuck points. v10 The name of the LORD is a strong tower; the righteous man runs into it and is safe. (Pro. 23:19-21)
- “**Jehovah-Tsidkenu**” = God Forgives me. Jeremiah 23:6 The Lord our Righteousness.
- “**Jehovah-M'Kaddesh**” = God makes me whole. Exodus 31:13 I am the Lord, who makes you holy.
- “**Jehovah-Shalom**” = God relieves me of stress. Judges 6:24 The Lord is Peace.
- “**Jehovah-Shammah**” = God will never leave me or forsake me. Ezekiel 48:35 The Lord is there.
- “**Jehovah-Rophe**” = God heals my hurts. Exodus 15:26 I am the Lord who heals you.
- “**Jehovah-Jireh**” = God will meet my needs. Genesis 22:14 The Lord will provide.
- “**Jehovah-Nissi**” = God fights my battles. Exodus 17:15 The Lord is my banner.
- “**Jehovah-Rohi**” = God will guide and satisfy my life. Ps. 23:1 The Lord is my Shepherd.
- Take my relationship with Christ to the deepest level and do everything I can to nurture it and grow it through spiritual disciplines. Business partner (Petition) -> Friend (Confession) -> Lover (Adoration)

Gen. 29:20

- To the degree I see that I am His greatest love is to the degree He will become my greatest love and all other desires will be mastered.

Titus 2:11-14 | Heb. 12:2

August 29	“Money Matters”	Pro. 10:4-5
Sept. 5	“Two Great Tests”	Pro. 10:16
Sept. 12	Connection Party Weekend	

**Wisdom: Competent in Life's Relationships**  
(Six week small group series starting Sept. 19)



# Growing

August 22, 2010

## desert breeze community church

- 1)** In America we tend to worship our work, work at our play and play at our worship. What does this reveal about Americans and the issue of self-control? How important is self-control in the Christian life and what is it evidence of (Gal. 5:22-23)?
- 2)** Read Proverbs 25:28. A city without walls is without a defense. What would America be like without a Military, Police, Firefighters, and Border Patrol? What does that metaphor stir up within you about the importance of self-control? How do our “Passions” “Priorities” and “Practices” help us define and understand self-control?
- 3)** Read Proverbs 23:19-21. How does SC determine lives trajectory & the influence of who you run with? How can a lack of SC lead to poverty spiritually, financially, relationally, etc? Under stress we look to a substance to escape but in time the substance only adds stress and we become stuck when we continue to look to the substance to alleviate the stress it creates. How does this explain the addictive cycle/stuck points?
- 4)** Read Proverbs 18:10-11. What are your misplaced security and stuck points? What specific name of the Lord do you need to run to in order for you to overcome a stuck point currently in your life?
- 5)** How will taking your relationship with Christ to a deeper level help you with SC? How is Gen. 29:20 an example of self-control? To the degree you see that you were His greatest love is to the degree He will become your greatest love (Heb. 12:2). Pray for it!