

Vibe Check 10 – Self Control

Vibe Check Bumper Video

Welcome back to Redemption Church in Plano Tx. My name is Chris Fluitt and I want to welcome everyone. Greetings to everyone who has found this message online. God loves you.

We are in the 10th week of our series, Vibe Check.

What is a Vibe?

Vibe – A person’s emotional state, felt by others; The tangible atmosphere created by the disposition of our being.

Your vibe is telling people who you are.
Your vibe is telling people WHOSE you are.

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- **The worst vibes come from the flesh.**

- **The best vibes come from the Spirit.**

Galatians 5 tells us what vibes the Spirit of God produces.

Galatians 5:22 (NIV) But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness,

faithfulness, 23 gentleness and self-control. Against such things there is no law.

Today we are talking about the Vibe of Self Control.

Self Control

There is a mysteriousness to the vibe Self Control.

A major theme in all of scripture and especially the teachings of Jesus and the letters of the Apostles is that self-effort is never enough to save you.

Self Effort?

- Isaiah 64:6 says that our “righteousness is like a filthy rag.”

- 2 Corinthians 3:5 says we should not think that sufficiency comes from ourselves, but “our sufficiency is from God.”
- Ephesians 2:8 says” by grace you have been saved through faith, and that not of yourselves; it is the gift of God”
- Jesus even declared that He was not the one doing the work, but that it was His Father who was living in Him who was doing the work. (John 14:10)

Scripture is clear that our success, our salvation, and our relationship with God is not achieved by our self -effort. Our faith is not in self, but in Christ’s ability to save our self.

Yet here in the list of the fruit of the Spirit we have the phrase “self-control.”

For much of my life I thought this was all about my self-effort to control myself.

I thought self-control was my ability to avoid the temptation. I thought self-control was my ability not to have too much of a good thing... to not be given to drunkenness, slothfulness, or gluttony. I have often found controlling myself to be difficult and exhausting and far too often a failure.

I want to remind us that we are talking about the SPIRIT in Galatians 5:23.

The vibe of self-control is not self-effort, but it is bringing yourself under the control of the Spirit.

God, Your Spirit knows better than I do. Your Spirit is wiser...

God I surrender myself to the control of Your Spirit.

Self Control – The Spirit

empowered process of learning how to master our impulses, passions, and appetites. Its opposite is self-indulgence and noncompliance.

The Apostle Paul wrote a letter to a pastor named Titus and we know this as the New Testament book of Titus. Paul is literally instructing a Pastor in what He should teach His church.

Titus 2:11-13 (NIV) 11 For the grace of God has appeared that offers salvation to all people. 12 It teaches

us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, 13 while we wait for the blessed hope—the appearing of the glory of our great God and Savior, Jesus Christ,

Verse 12 - God’s grace teaches us to say “No” to ungodliness and worldly passions and to live SELF CONTROLLED... in this present age.

With God’s help you can live a Godly life in this present age.

When the world is going crazy and there is uncertainty on every hand – you can still live a Godly life.

When there are temptations and pressures from your friendships, your entertainment, the talking heads on tv, and all of culture – you can still live a Godly life.

When the world is caught up in racism, hatred, sexism, and cancel culture – you can still live a Godly life.

When pastors no longer preach godly lifestyles and instead preach that you are ok just the way you are, by God's grace there is a Holy Spirit that will rise within you and say NO!

God's grace works IN THIS PRESENT AGE.
God's light still shines in this present age.

I am sad to tell you, but tomorrow may likely get worse, but I am glad to tell you that we have a power living with in us (Acts 1:9)...

2 Corinthians 4:7 (NIV) But we have this treasure in earthen vessels, that the excellency of the power may be of God, and not of us.

The power is of God, and not of us.

We amen this, but we also resist and struggle with issues of self-control.

Do you know this man?

Coach Holger Geschwindner

The man on the right is future hall of famer, Dirk Nowitski. Dirk brought a

championship to Dallas in 2011 and is one of the greatest power forwards to play the game of basketball.

But who is the guy on the left? The guy on the left is the reason why Dirk is an all-time great. His name is Holger Geschwindner, and he saw Dirk play basketball as an awkward teenager who was merely playing the game to avoid getting fat.

Holger trained Dirk to go further, and without such a coach we would never know Dirk.

Here is what coaches do...

- They say “you can” and they believe in you.

- They inspect your form and say “do this” and “not this.”
- They make you grow and then ensure that you use your new skills “in game.”
- They review the game tape and say “you did not make the right decision here.”

God is a coach. His Holy Spirit does the work of a coach.

- You can! His Spirit empowers you.
- His Spirit inspects us and says “do this” and “not that.”
- The Spirit makes you grow and insists that you use these skills “in game.”
- God’s Spirit reviews game tape and convicts when we don’t make the right decisions.

A good coach will check your ego and give you a new outlook, and this is what God does.

Through the Spiritual vibe of self-control, a life under the tutelage of the Spirit, our ego is checked and we are given a new vision for life.

We need our life under the control of the Spirit.

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A lack of Self Control will make you...

Vulnerable

Proverbs 25:28 Like a city whose walls are broken

through is a person who lacks self-control.

Gullible

Proverbs 19:3 A person's own folly leads to their ruin, yet their heart rages against the Lord.

Temporal

Proverbs 27:12 The prudent see danger and take refuge, but the simple keep going and pay the penalty.

The temporal are living for today, and living for the here and now is often short sighted and unwise.

Are you vulnerable, gullible, or temporal? Then you need a coach. You need to yield your life to the Spirit.

There are 4 prime areas of concern in the area of self-control.

- Sexual impulse
- Anger
- Appetite
- Pride

You will drive yourself crazy trying to “will yourself” to victory over these self-

control issues. Every time you fail you will feel guilt and regret.

Instead we need a vibe produced by the Spirit, where we submit to the teachings of God within a relationship with God.

This is a vibe where you are choosing the voice of God over the voice of self.

There is an old song written in 1922...

I'd rather have Jesus than silver or gold;

I'd rather be His than have riches untold;

I'd rather have Jesus than houses or lands.

I'd rather be led by His nail pierced hand

Chorus:

Than to be the king of a vast domain

Or be held in sin's dread sway.

I'd rather have Jesus than anything

This world affords today.

I want to help you with your sin issue...

When you are being tempted by sexual impulse, anger, appetite, or pride you need to realize you have a choice. You are either choosing SELF or God. The key to a holy and Godly life is choosing God over self.

“I’d rather have Jesus...”

musician

One of the greatest victories is victory over self.

Our biggest enemy is often our self. Self is not able to win victory over self.

We need someone to coach us.

Coach Holger Geschwindner

Will you allow God to coach you? Will you allow God's Spirit to tell you "do this" and "not this?"

Coach God wants to bring these vibes out in you.

Galatians 5:22 (NIV) But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law.

I need a coach.

Will you come talk to God today? Will you ask Him to bring out the fruit of the Spirit in your life?

Will you choose HIM over your self today?