

“Self-Control”

Luke 4:1-13

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“My Jam”

Music has a mesmerizing power

For some people there is an emotional swell

Inner voice to sing.

Feel the beat and need to move or dance.

In church if the Holy Spirit hits us just right, we...clap.

We Frozen Chosen Presbyterians are conditioned to contain ourselves.

Fruit of the Spirit – SELF-CONTROL

The *enkráteia* word-group originally meant “mastery or power over oneself or something”; eventually it came to mean “control over oneself,” especially one’s desires and actions.

Self-control was considered one of the chief virtues by Plato, Aristotle, the Stoics, Philo, the Essenes, the Hermetica, and others

Socrates - The **Socratic** Legacy of Self-mastery

The sovereignty of **reason over spirit and appetite**, the two lower parts of the soul.

Stoicism (Hellenistic school of thought)

Stoicism was founded by **Zeno of Citium** in the 3rd century BC.

It advocated the development of self-control and fortitude as a means of overcoming destructive emotions.

It was clear to Zeno that most of the people of Athens suffered because they desired what they did not have or feared losing what they loved.

Relevant today.

“There are men who can command armies but cannot command themselves.”

Stoicism Today manifests in being calm under pressure and avoids emotional extremes.

That is how I imagine Jesus.

Luke 4:1–13 (ESV) — **1** And Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness **2** for forty days, being tempted by the devil. And he ate nothing during those days. And when they were ended, he was hungry. **3** The devil said to him, “If you are the Son of God, command this stone to become bread.”

Hunger

4 And Jesus answered him, “It is written, ‘Man shall not live by bread alone.’ ”

Scripture as your sword

Hebrews 4:12 (ESV)

“For the word of God is living and active, sharper than any two-edged sword”

5 And the devil took him up and showed him all the kingdoms of the world in a moment of time, 6 and said to him, “To you I will give all this authority and their glory, for it has been delivered to me, and I give it to whom I will.

Power and Fame

7 If you, then, will worship me, it will all be yours.”

8 And Jesus answered him, “It is written, “ ‘You shall worship the Lord your God, and him only shall you serve.’ ”

Don’t lose site of who and what you worship

Third temptation. Where the devil quotes scripture.

13 And when the devil had ended every temptation, he departed from him until an opportune time.

“Kicking a bad habit” can still haunt you.

So we build a defense, an immunity, moving ahead.

The Fruit of the Spirit is our defense.

We wear it every day like a mask. 😊

The list of fruit in Galatians 5:22–23 **begins with love and end with self-control**.

The ability to have self-control comes as a result of our growing in the preceding eight qualities. The fruit all

work together as people experience different situations and temptations in life.

Fruit Stand

When the 1960s ended, San Francisco's Haight-Ashbury district reverted to high rent, and many "hippies" moved down the coast to Santa Cruz. They had children and got married. But they didn't name their children Melissa or Brett. People in the mountains around Santa Cruz grew accustomed to their children playing Frisbee with little Time Warp or Spring Fever. And eventually Moonbeam, Earth, Love and Precious Promise all ended up in public school. That's when the kindergarten teachers first met Fruit Stand.

Every fall, according to tradition, parents bravely apply name tags to their children, kiss them good-bye and send them off to school on the bus. So it was for Fruit Stand. The teachers thought the boy's name was odd, but they tried to make the best of it.

"Would you like to play with the blocks, Fruit Stand?" they offered.

And later, "Fruit Stand, how about a snack?"

He accepted hesitantly. By the end of the day, his name didn't seem much odder than Heather's or Sun Ray's. At dismissal time, the teachers led the children out to the buses. "Fruit Stand, do you know which one is your bus?"

He didn't answer. That wasn't strange. He hadn't answered them all day. Lots of children are shy on the first day of school. It didn't matter. The teachers had instructed the parents to write the names of their children's bus stops on the reverse side of their name tags. The teacher simply turned over the tag. There, neatly printed, was the word "Anthony."

Our destination is a “Fruit Stand”

Even if our name is something else.

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8 And Jesus answered him, “It is written, “ ‘You shall worship the Lord your God, and him only shall you serve.’ ”

9 And he took him to Jerusalem and set him on the pinnacle of the temple and said to him, “If you are the Son of God, throw yourself down from here, **10** for it is written, “ ‘He will command his angels concerning you, to guard you,’ **11** and “ ‘On their hands they will bear you up, lest you strike your foot against a stone.’ ”

12 And Jesus answered him, “It is said, ‘You shall not put the Lord your God to the test.’ ”

13 And when the devil had ended every temptation, he departed from him until an opportune time.