

Series: No More Milk  
Topic: A City without Walls  
Text(s): Proverbs 25:28  
Date: July 27, 2025



## Introduction

This series has been heavily focused on Christian maturity and how to develop in our life. Last week we discussed faithfulness and honesty, and the message was highlighted the importance to let our yes be yes and our no be no. Jesus' mentioning this exposes our need to be direct in our dealings with one another thus, to see a true manifestation of these words in our walk with the Lord we need to exercise self-control.

## True Temperance

- Self-control is the ability to control one's thoughts, actions and words. It is knowing how to live in moderation and exercising constraint to say no to our sinful instincts and fleshly lust.
- Self-control is one of the most evident fruits of the spirits. It shows itself within moments of interacting with people and proves that God is at work in them.
- Self-Control impacts every area of your life. From what we eat, to how we live, to who we spend time with to who we sleep with. In every aspect of life, there is an opportunity to exercise self-control.
- Self-control is the last characteristic of the fruits of the Spirit, and I believe because it is the wall that keeps all the other characteristics safe within us.

## The Need for Control

- The need to be self-controlled implies the connotation that;
  - There is something within us the needs to be controlled.
  - There is power within us to exercise the necessary control.
- Sin is a slave master and is drawn by our own desires.
  - Matthew 4:1-4: The desire is not sin; sin is filling the legitimate need through illegitimate means"
  - Self – Control is important, so a legitimate need isn't filled with an illegitimate mean.
- Self-control is not a matter of will-power but rather fallen nature:
  - Your will power cannot take you beyond where your sinful nature has not surrendered.

## Building the City Walls

- Step 1 - Lay the right foundation 2 Peter 2:3-6
- Step 2 - Set up the necessary defenses
- Step 3 - Dust yourself and keep going Titus 2:11-14
  - Training us mean there will be times of failures and times of challenges but there is grace. The Lord's desire is for progression not perfection. When we fail in one way of self-control, dust yourself, remember where you fell and repeat step 1.

## Conclusion:

Without self-control we are simply exposed to every wave of desire, passion, and thought. Yet true self control is not in the ability to master will-power but it rather to master the submission to God and surrendering to his power. Truth is growing in self-control is difficult when we desire to produce without God's strength. So as we journey with Jesus build your faith, set up the necessary defenses and no matter what happens get up and keep God and the Lord will produce self-control as you align daily with him.

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APPLY FOR GIVING ID

