

FRUIT THAT'S GOOD FOR THE BODY

SELF-CONTROL

JUDGES 13-16

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I. The universal **problem** of self-control

*“Like a city whose walls are broken
down is a man who lacks self-control” - Proverbs 25:28*

♦ Who you are **becoming** is more important than your **giftedness**

II. A gifted man **lacking** self-control: Sampson

A. The final **judge** to lead Israel: Judges 13:2-5

B. The significance of a **Nazerite vow** ~ Numbers 6:3-6

1. A promise to not cut the **hair**
2. A promise not to eat or drink anything from the **grape vine**
3. A promise to not go near a **dead body**

C. The **epitome** of power

1. Physically **gifted**
2. A political and military **authority**
3. Spiritually **anointed**

D. The **verbs** that tell his story ~ Judges 14:1

1. He “**saw**” - he “**took**” - he “**went down**”

E. The breaking of his **promise**

1. A dead **lion** and some sticky **honey** ~ Judges 14:6-9
2. A drunken **wedding bash** ~ Judges 14:10-11
3. Another night with a **prostitute** ~ Judges 16:1
4. A tragic **love story** ~ Judges 16:4-20
 - a. Delilah: the wrong **women** from a **forbidden** place
 - b. A devastating **haircut**

♦ The lack of self-control **destroyed** the awareness of God’s presence

III. So what, now what?

A. Success that comes from your gifts can often **mask**
the lack of self-control

B. Self-control requires a **submission** of our will to God

C. Self-control is a work of the **Spirit**

IV. What are you doing to build “walls” around your soft spots?

A. Your **appetites** ~ I Corinthians 6:12-13

B. Your **eyes** ~ Job 31:1-4, Hebrews 12:2

C. Your **mind** ~ Philippians 4:8

D. Your **mouth** ~ Proverbs 21:23

E. Your **wallet** ~ Ecclesiastes 5:10-15