



THE BELIEVER'S *Self-control*



Galatians 5:19-26 (NKJV)

¹⁹Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, ²⁰idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, ²¹envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God. ²²But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, ²³gentleness, self-control. Against such there is no law. ²⁴And those who are Christ's have crucified the flesh with its passions and desires. ²⁵If we live in the Spirit, let us also walk in the Spirit. ²⁶Let us not become conceited, provoking one another, envying one another.

Introduction

- Who is in charge here?
- Who or what is in charge of your life?
- Would you say that your life is under control or out of control?
- What areas of your life are out of control?

Self-control

- It is the ninth fruit of the Spirit.
- It means having power over your body's desires and passions.

It is impossible to succeed in anything without some degree of self-control.

- We need self-control for health reasons, for completing everyday tasks, and for positive relationships with other people.
- For Christians, self-control is a necessity for living a new life in Christ.

A lack of self-control will destroy your life.

- The Bible points out a number of areas where we especially need to exert self-control, such as overeating, greed and the accumulation of wealth, gambling, drunkenness, drug abuse, anger, emotional outbursts, and sexual immorality.
- Many people's lives have been destroyed even by one moment of lacking in self-control.

As believers of Christ, we should understand how to live daily with self-control.

1. Self-control and God

The fruit of the Spirit is rooted in God's character. God is the root and we bear the fruit.

a. God is sovereign and in control of all things.

Ephesians 1:11 (NKJV)

In Him also we have obtained an inheritance, being predestined according to the purpose of Him who works all things according to the counsel of His will.

Philippians 3:20-21 (NKJV)

²⁰For our citizenship is in heaven, from which we also eagerly wait for the Savior, the Lord Jesus Christ, ²¹who will transform our lowly body that it may be conformed to His glorious body, according to the working by which He is able even to subdue all things to Himself.

b. God's wrath is His controlled and righteous anger against sin.

Romans 1:18 (NKJV)

For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who suppress the truth in unrighteousness.

Romans 2:5 (NKJV)

But in accordance with your hardness and your impenitent heart you are treasuring up for yourself wrath in the day of wrath and revelation of the righteous judgment of God.

Romans 9:22 (NKJV)

What if God, wanting to show His wrath and to make His power known, endured with much longsuffering the vessels of wrath prepared for destruction.

c. Jesus demonstrated the perfect self-control in His life.

Hebrews 4:15 (NKJV)

For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin.

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Associate Pastor

MEDICAL-DENTAL-OPTICAL OUTREACH MISSION FEATURE

MISYON NG PAGTULONG at Ebanghelyo

Isa sa mga pangitain na ibinigay ng Diyos sa panambahan ng UCF ay ang maibahagi ang Mabuting Balita ng kaligtasan na nagmumula kay Hesu Kristo, sa Pilipinas at sa buong mundo. Ang UCF ay nagsasagawa ng taunang *medical-dental-optical mission* na nagiging daan upang maihayag ang kabutihan ng Panginoon sa marami nating kababayan. Nag-aabot ng libreng *medical check-up* kasama ang mga boluntaryong doktor, dentista at *optometrist* kung saan naihatid din ang mga libreng gamot, salamin at pabunot ng ngipin.

Ang mga misyon ay nakarating na sa iba't ibang lugar sa Pilipinas at nag-abot ng tulong sa pami-pamilyang nangangailangan para sa kanilang pisikal na kalusugan.

Walang hanggang pasasalamat sa Diyos ang ibinabalik ng mga benepisyaryong napagpala sa mga gawain. Patuloy na ginagamit ng Panginoon ang panambahan upang abutin ang mga nawawalang tupa at mataniman sila ng Salita ng Diyos.



1999 PARAÑAQUE CITY

Unang binuksan ng UCF ang kanilang pintuan para sa komunidad ng Parañaque City na nangangailangan ng tulong medikal noong 1999. Ito ang naging simulain ng mas marami pang gawaing umaabot sa mga tao.



Taon-taon ay libo-libong mga kababayan natin ang nabibiyayaan dahil sa gawain ng Diyos. Mula sa bibilangin ay lalong umusbong ang mga gawain sa ministeryo ng UCF.

PARAÑAQUE CITY 2003



2009 PARAÑAQUE CITY

Sa loob ng maraming mga taon, ang UCF ay nagiging daluyan ng pagpapala para sa mga kapus-palad nating mga mamamayan mula sa iba't ibang dako ng bansa.

Philippians 4:19
(NKJV)

And my God shall supply all your need according to His riches in glory by Christ Jesus.



⁷Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap. ⁸For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life.

Galatians 6:7-8 (NKJV)



MARCH 2014

PARAÑAQUE CITY

Tunay na tapat ang ating Diyos sa ministryong Kaniyang itinatag dahil Siya rin ang nagbibigay sa atin ng daan upang ang habag at pagmamahal ni Hesus ay maipangara! sa buong mundo.



PARAÑAQUE CITY

AUGUST 2014

Sinabi sa Salita ng Diyos na mas higit na pinagpapala ang nagbibigay kaysa ang tumatanggap. Kaya sa anomang panahon, magpapatuloy ang UCF sa pag-abot sa komunidad ng mga tulong.



2015

PARAÑAQUE CITY

Ang Diyos ay napakabuti sapagkat matapos ang isang buong araw ng gawain, ang mga manggagawa ay uuwing may kagalakan sa kanilang mga pusong nakatulong at nakapagpahayag ng Salita ng Diyos.

**Proverbs 11:24-25
(NKJV)**

²⁴There is one who scatters, yet increases more; And there is one who withholds more than is right, But it leads to poverty. ²⁵The generous soul will be made rich, And he who waters will also be watered himself.



2016 **PARAÑAQUE CITY**

Hatid ang pagpapala ng Diyos, ang panambahan ng UCF ay nagbigay ng libreng lunas sa daan-daang tao na makatutulong sa kanilang mga karamdaman.



Ang grupo ng UCF ay tumawid patungo sa ilang na isla dala ang biyayang mula sa Diyos sa kabila ng maalon na dagat.



Gaano man kalayo ay tatawirin ng mga anak ng Diyos na handang sumunod sa Kaniya, upang abutin ang mga tao ng pagpapala, pag-asa at pag-ibig.

ALIBOG, OCCIDENTAL MINDORO 2017



2018 **ALABAT, QUEZON PROVINCE**

Ang medical-dental-optical mission ay daan upang ang mga nawawalang tupa ay makarinig din ng Salita ng Diyos matapos mapagserbisuhan ang kanilang pisikal na pangangailangan.

He who has pity on the poor lends to the Lord, And He will pay back what he has given.

**Proverbs 19:17
(NKJV)**



2018 ALABAT, QUEZON PROVINCE

Ang ilan sa mga nasebisyuhan ay labis labis ang pasasalamat at kagalakan dahil sa kabila ng kalayuan ng kanilang lugar, ay nabisita at nabigyan sila ng tulong ng UCF.



Bakas sa ngiti ng mga benepisyaryo ang pag-asang natamo nila sa araw na iyon at kung paano tinugon ng Panginoon ang kanilang mga pangangailangan para sa ikabubuti ng kanilang kalusugan.

PARAÑAQUE CITY 2018

Matthew 10:6-7 (NKJV)

“But go rather to the lost sheep of the house of Israel. 7And as you go, preach, saying, ‘The kingdom of heaven is at hand.’”



22nd Medical-Dental-Optical OUTREACH MISSION

UCF Mt. Tabor Church Re-Creation Center

September 7, 2024

BE PART OF REACHING OUT TO MORE SOULS!

"He who receives you receives Me, and he who receives Me receives Him who sent Me.

Matthew 10:40 (NKJV)

The Believer's...

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Matthew 21:12-13 (NKJV)

¹²Then Jesus went into the temple of God and drove out all those who bought and sold in the temple, and overturned the tables of the money changers and the seats of those who sold doves. ¹³And He said to them, "It is written, 'My house shall be called a house of prayer,' but you have made it a 'den of thieves.'"

Luke 23:34 (NKJV)

Then Jesus said, "Father, forgive them, for they do not know what they do." And they divided His garments and cast lots.

2. Self-control, temptation, and desire

a. Temptation attacks you through your old sinful desires.

James 1:12-15 (NKJV)

¹²Blessed is the man who endures temptation; for when he has been approved, he will receive the crown of life which the Lord has promised to those who love Him. ¹³Let no one say when he is tempted, "I am tempted by God"; for God cannot be tempted by evil, nor does He Himself tempt anyone. ¹⁴But each one is tempted when he is drawn away by his own desires and enticed. ¹⁵Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death.

b. The Holy Spirit gives you new and right desires.

Galatians 5:16-18 (NKJV)

¹⁶I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. ¹⁷For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one

another, so that you do not do the things that you wish. ¹⁸But if you are led by the Spirit, you are not under the law.

c. Part of self-control is setting your mind on what the Spirit desires.

Romans 8:5-8 (NKJV)

⁵For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. ⁶For to be carnally minded is death, but to be spiritually minded is life and peace. ⁷Because the carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be. ⁸So then, those who are in the flesh cannot please God.

3. How can we grow in self-control?

a. Practice self-discipline.

Proverbs 25:28 (NIV)

Like a city whose walls are broken through is a person who lacks self-control.

1 Corinthians 9:24-27 (NKJV)

²⁴Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it. ²⁵And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown. ²⁶Therefore I run thus: not with uncertainty. Thus I fight: not as one who beats the air. ²⁷But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.

2 Peter 1:5-6 (NKJV)

⁵But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, ⁶to knowledge self-control, to self-control

perseverance, to perseverance godliness.

b. Beware of addictions.

Galatians 5:19-21 (NKJV)

¹⁹Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, ²⁰idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, ²¹envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God.

John 8:32 (NKJV)

"And you shall know the truth, and the truth shall make you free."

Galatians 5:1 (NKJV)

Stand fast therefore in the liberty by which Christ has made us free, and do not be entangled again with a yoke of bondage.

c. Don't give in to anger or fear.

James 1:19-20 (NKJV)

¹⁹So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; ²⁰for the

wrath of man does not produce the righteousness of God.

2 Timothy 1:7 (NKJV)

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

d. Ask God to develop the fruit of self-control in your life.

Titus 2:12-13 (NKJV)

¹²Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly in the present age, ¹³looking for the blessed hope and glorious appearing of our great God and Savior Jesus Christ.

Challenge

Galatians 5:25 (NKJV)

If we live in the Spirit, let us also walk in the Spirit.

- Have self-control with love—love for God, love for Jesus, love for other people.
- Always think before you act.
- Give your life fully to God's control!

Matthew 5:16 (NKJV)

Let your light so shine before men, that they may see your good works and glorify your Father in heaven.

SERMON NOTES

Write the points to remember from the sermon as you seek God in your life.

SHARE HIS WORD



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SUNDAY WORSHIP SERVICE

9:00 AM
Parañaque City

3:00 PM
Cabuyao City, Laguna

HOUSE OF PRAYER

8:00 AM - 5:00 PM

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