10/27/20013

**Self-control/Discipline**

***3****aged women, in like manner, in deportment as doth become sacred persons, not false accusers, to much wine not enslaved, of* ***good things****, teachers,*

***4****that they may make the young women* ***sober-minded****, to be lovers of [their] husbands, lovers of [their] children,*

*5****sober****, pure, keepers of [their own] houses****, good,*** *subject to their own husbands that the word of God may not be evil spoken of. (Titus 2:3-5) YLT*

1. **Transformation of the heart** must take place prior to our ability to exercise discipline in any area.
2. The heart needs to be educated by filling it with God's word ([Prov. 22:17-18](http://bible.crosswalk.com/OnlineStudyBible/bible.cgi?passage=pr+22:17-18&version=##version)).
3. God’s Word must be allowed to control (umpire) our heart so that a continual process of growth in “…*grace and knowledge*” is taking place (2 Peter 3:1).
4. We must be ever vigilant to exercise **self-control** in **training** our hearts. (Philippians 4:8)
5. We are to be partakers of our divine Master (2 Peter 1:4, 1Pet.4; 1). To do this **we do not suppress, but rather control from within.** We plant and cultivate the right seeds so the right fruit will be produced. God tells us exactly how to accomplish this **training (**Phil. 4: 4-7) so that we may bear the fruits of Gal. 5:22-23.
6. We should **train** our subconscious thoughts, to think about spiritual things even when our conscious thought processes. are busy elsewhere.

**Conclusion**

* **The heart thinks** ([Matt 9:4](http://bible.crosswalk.com/OnlineStudyBible/bible.cgi?passage=mt+9:4&version=##version); [Mark 2:8](http://bible.crosswalk.com/OnlineStudyBible/bible.cgi?passage=mr+2:8&version=##version)), **remembers**, **reflects**, and **meditates** ([Psalm 77:5-6](http://bible.crosswalk.com/OnlineStudyBible/bible.cgi?passage=ps+77:5-6&version=##version); [Luke 2:19](http://bible.crosswalk.com/OnlineStudyBible/bible.cgi?passage=lu+2:19&version=##version)
* **The heart plans, makes commitments, and decides**. It is the inner forum where decisions are made after deliberation; here a person engages in self-talk. "In his heart a man plans his course, but the Lord determines his steps" ([Prov. 16:9](http://bible.crosswalk.com/OnlineStudyBible/bible.cgi?passage=pr+16:9&version=##version)). ([Matt 22:37](http://bible.crosswalk.com/OnlineStudyBible/bible.cgi?passage=mt+22:37&version=##version)).
* **The heart should be guarded.** “Above all else, guard your heart, for it is the wellspring of life ([4:23](http://bible.crosswalk.com/OnlineStudyBible/bible.cgi?passage=pr+4:23&version=##version)). The Lord detests "a heart that devises wicked schemes" ([6:18](http://bible.crosswalk.com/OnlineStudyBible/bible.cgi?passage=pr+6:18&version=##version)).
* **The heart speaks to the heart of another to move that person to a decision** ([Isa 40:2](http://bible.crosswalk.com/OnlineStudyBible/bible.cgi?passage=isa+40:2&version=##version); [Hosea 2:14](http://bible.crosswalk.com/OnlineStudyBible/bible.cgi?passage=ho+2:14&version=##version)). The father asks the son for his heart ([Prov. 23:26](http://bible.crosswalk.com/OnlineStudyBible/bible.cgi?passage=pr+23:26&version=##version)), by which he means that the son make a conscious decision to follow his instructions

**Application**

 If our hearts are **disciplined,** all else will follow:

1. Study
2. Prayer
3. Thankfulness
4. Purity
5. Speech
6. Love and Good Works
7. Stewardship and Servitude

***Note***. Our duty to God is not about self-promotion or self- fulfillment in His Kingdom. It is about self-denial and service.

We are servants, who through His grace and mercy are assigned a value as His child, valued enough to purchase us with His son and give us promise of an inheritance –eternal life. (1Peter 1:3-5) What we continually **think** and **practice** has its genesis in this concept. If we truly understand this, we then can **naturally desire** to practice the devotion and adorn our lives with the discipline befitting women “… who hope on God. (1 Peter 3:4-5)The Lord’s Word will be reflected in the good works He has commanded and that He knows is profitable for us. (Titus 3:8) (da)

***For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.***(2 Tim.1:7)