

## Overcoming Some Of Life's Problems

(Part 6)

### The Problem Of Self – Mark 8:31–39

34 "And he called unto him the multitude with his disciples, and said unto them, If any man would come after me, let him deny himself, and take up his cross, and follow me."

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## The Problem Of Self

### What is self-denial? Mark 8:31–39

Saying "No" to self.

- "To forget oneself, lose sight of oneself and one's own interest" "Self government" (Thayer).
- "Ability to take a grip of oneself" (William Barclay).

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## The Problem Of Self

### Self-Control Is The Result

Make yourself do what you know you need to do.  
cf. Romans 7:15–23

Make Yourself listen to and receive the word.  
James 1:21

- Will be teachable. Acts 17:11
- Doesn't resent being taught the truth, but accept it with humility and submission.

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## The Problem Of Self

### Self-Control Is The Result

Put the Lord's will first. Acts 24:25

- ▶ Suppress our own will and yield to the will of God.
- ▶ Change of will. Galatians 2:20

◦ **Stubbornness. Examples: Pharaoh, King Saul.**  
Judges 2:19 "But it came to pass, when the judge was dead, that they turned back, and dealt more corruptly than their fathers, in following other gods to serve them, and to bow down unto them; they ceased not from their doings, nor from their stubborn way."

Psalms 78:8 "And might not be as their fathers, a stubborn and rebellious generation, a generation that set not their heart aright, and whose spirit was not steadfast with God."

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## The Problem Of Self

### Self-Control Is The Result

Control our temper.

Proverbs 14:17 "He that is soon angry will deal foolishly."

Proverbs 14:29 "He that is slow to anger is of great understanding; But he that is hasty of spirit exalteth folly (foolishness)."

Proverbs 25:28 "He whose spirit is without restraint is like a city that is broken down and without walls."

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## The Problem Of Self

### Self-Control Is The Result

Control our tongue.

James 1:19, 26 – slow to speak and bridle the tongue.

Proverbs 17:27 "He that spareth his words hath knowledge; And he that is of a cool spirit is a man of understanding."

Colossians 4:6 "Let your speech be always with grace, seasoned with salt, that ye may know how ye ought to answer each one."

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## The Problem Of Self

### Self-Control Is The Result

#### Control our tongue.

- ▶ James 1:22 "Be ye doers of the word and not hearers only, deluding your own selves ..."
- ▶ James 1:26 "If any man thinketh himself to be religious, while he bridleth not his tongue but deceiveth his heart, this man's religion is vain."
- ▶ James 3 - Is your tongue being controlled by faith? cf. 2 Corinthians 10:5

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## The Problem Of Self

### Self-Control Is The Result

#### Control our tongue.

- ▶ "The tongue of the righteous is as choice silver" (Proverbs 10:20).
- ▶ "Set a watch, O Jehovah, before my mouth; Keep the door of my lips" (Psalms 141:3).
- ▶ "Whoso keepeth his mouth and his tongue keepeth his soul from troubles" (Proverbs 21:23).
- ▶ "A word fitly spoken is like apples of gold in network of silver" (Proverbs 25:11).

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## The Problem Of Self

### Self-Control Is The Result

#### Control our tongue.

- ▶ "In the multitude of words there wanteth not transgression; but he that refraineth his lips doeth wisely" (Proverbs 10:19).
- ▶ "He that guardeth his mouth keepeth his life; but he that openeth wide his lips shall have destruction" (Proverbs 13:3).
- ▶ "Seest thou a man that is hasty in his words? There is more hope of a fool than of him" (Proverbs 29:20).

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## The Problem Of Self

### Self-Control Is The Result

#### Control our tongue.

- ▶ "A soft answer turneth away wrath; but a grievous word stireth up anger" (Proverbs 15:1).
- ▶ "Death and life are in the power of the tongue" (Proverbs 18:21).

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## The Problem Of Self

### Self-Control Is The Result

#### Treat others right.

- ▶ Don't retaliate. Romans 12:17-21
- ▶ Don't do things that generate division. James 3:14-4:2
- ▶ Self-denial is essential to peace and harmony with others. Ephesians 4:1-2, 31-32; Philipians 2:5-8

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## The Problem Of Self

### Self-Control Is The Result

#### Good marriage.

- ▶ Self-denial is essential to harmony and happiness in the marriage. cf. 1 Corinthians 7:1-5
- ▶ The role of each mate requires self-denial. 1 Peter 3:1-7

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## The Problem Of Self

**Conclusion:**

- ▶ When a man can handle the problem of himself, he can deal with other problems.
- ▶ What a contrast between the life that is self-serving and the life of self-control.

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