

Marks of a Man # 22

KJV: Temperate; NKJV, NASB: Self- Controlled; ESV, NIV: Disciplined

Area: Habits

Definition: Dominion over bodily appetites and habits

Scripture: Titus 1:8; Acts 24:25; 1 Cor. 7:9; 9:25; Gal. 5:23

Bible Usage: With the underlying thought of a desired goal, we get under control every bodily appetite and habit that would prevent or hinder us from reaching that goal.

Proverbs: 13:25; 21:25; 25:28; 29:18

Functioning in my Soul:

1. **Mind** - Mental perception of my life in view of my habits
2. **Conscience** - Being careful to listen to every instance of a troubled conscience
3. **Heart** - Have the heart of the New Man very active with a sense of Biblical purpose
4. **Frame** - Clear principles and goals which consume the soul for Christ
5. **Will** - Be decisive concerning threats to your self-control
6. **Emotions** - enjoy the state of not being controlled by bodily appetites and habits, and enjoy your good ones

Resolved:

To allow no dominating habit that hinders the goal of fulfilling Christ's calling on my life.

Essay:

Source of Problem: Possibly a life-time of not being stopped, therefore no personal discipline to stop myself. This is complicated because of (1) abundance of "delights" for the bodily appetites in our society, and (2) if the person has no sense of overwhelming purpose not to indulge the body.

Problem: A man dominated by bodily appetites and habits will not be an effective leader, no matter what excuses we make for him. In addition, there will be entirely too many sheep who will feel free to follow his example.

Solution: I'd say a total orientation to victory in the soul in view of Romans 6-8. Add to this a proper sense of calling, and a passion for Christ, His Word, His people and calling, will dominate the life, not fleshly appetites.

Avoidance: Maintain the refusal to believe Satanic lies that indulging the flesh can satisfy any real need at all.

