

LESSON 8

***....To be self-controlled....
&
....To be pure....***

*3 Older women likewise are to be reverent in behavior, not slanderers or slaves to much wine. They are to teach what is good, 4 and so train the young women to love their husbands and children, 5 **to be self-controlled**, pure, working at home, kind, and submissive to their own husbands, that the word of God may not be reviled.”*
-Titus 2:3-5 ESV

***As we look to Jesus, we see our perfect example of self-control and purity.....
“In the pages of Scripture, we move closer to His countenance, we come more directly in line with the radiance of His face. We see Him for who He is, which is certainly a reward in itself, but it is a reward with the secondary benefit of being forever altered by the vision. We become what we behold....Study well the contours of His face. Let gazing at His loveliness touch mind and heart. And be transformed.”***
-Jen Wilkins

1. Please look up Titus 2:5 in a few different translations of the Bible. What words are used in place of the word “self-controlled.” List the various words below to give you a fuller understanding of what “self-controlled” means in this verse?

***blueletterbible.org is a great place to find many different Bible translations, Bible dictionaries, commentaries and sermons.**

**The original Greek for this word is “sophron” meaning- “of a sound mind, sane, in one's senses; curbing one’s desires and impulses, self-controlled, temperate”.
- Strong’s Concordance G4998**

One Bible teacher adds - “not making decisions based on emotions.”

“Self-controlrefers to our ability to control or restrain ourselves from all kinds of feelings, impulses, and desires”....It is “a work of the Holy Spirit, not a work of the individual. It is the indwelling presence of the Holy Spirit that gives the Christian the power and ability to exercise self-control so that we will not be mastered by the “cravings of sinful man.”
- gotquestions.org

WHAT DOES GOD'S WORD TEACH ABOUT SELF-CONTROL?

2. Self-control is a fruit of the Spirit (Galatians 5:22-23). It is proof or evidence that the Holy Spirit is working in a believer's life. What do these verses teach us about being self-controlled?

*Note - "discretion" and "self-control" are used interchangeably in Scripture.

Self-control in our speech....

Ecclesiastes 3:7b....

James 1:19....

Proverbs 29:11....

Proverbs 15:1....

Proverbs 10:19....

Proverbs 18:21

Self-control in our behavior...

1 Corinthians 6:12

1 Corinthians 9:27

Self-control in our thought life...

2 Timothy 1:7

- God equips believers with the ability to have self- control and to take control of their thoughts.**
- In fact, the New King James Version of this verse states,
“For God has not given us a spirit of fear,
but of power and of love and of a sound mind.”**

The Lord has equipped us to have a sound mind! Let’s see how.

How to take control of our thoughts....

“Taking thoughts captive”

See 2 Corinthians 10:4-5. Please write verse 4 below.....

“Strongholds in this context are wrong thoughts and perceptions contradicting the true knowledge of God and nature of God” -Guzik,

Please write verse 5 here.....

This means we are to capture our thoughts, hold our thoughts up to Scripture to measure them against the truth of God’s Word. Is this thought true? Does it go along with what God says? If not, discard it.

**I once heard a Bible teacher describe our minds this way.....
Think of your mind as a room with walls. We allow things to be written on the walls of our mind, these thoughts are wall-papering the walls of our minds. We must tear down the lies that are wallpapering the walls of our minds (the lies from Satan, our culture and ourselves)....and wallpaper our minds with the TRUTH of God’s Word.
Some of us desperately need new wall paper!!!**

A FEW VERSES ON THE LACK OF SELF-CONTROL...

An Unlovely Description....A Woman without discretion...

.....without self-control

What does Proverbs 11:22 say...

A Dangerous Situation

Proverbs 25:28

***“Whoever has no rule over his own spirit (no self-control ESV)
Is like a city broken down, without walls.” Nkjv***

Lack of self-control, allows the world, the flesh, and the devil to rule over us. It leaves us vulnerable and invites chaos in to our lives.

“A city broken down, a city without walls has no defense and is vulnerable to every attack. It has no security, stability, and can protect nothing really valuable. This shows some of the terrible cost of having no rule over one’s own spirit.” -Guzik

***“Certainly the noblest conquests are gained or lost over ourselves”
over our lack of self-control.***

***-“The first outbreak of anger resulted in murder”
a terrible lack of self-control.***

***-“A king’s lack of watchfulness about lust, resulted in adultery.”
another terrible lack of self-control.***

(Bridges as cited by Guzik)

WHAT TO TEACH THE YOUNGER WOMEN....

ABOUT SELF-CONTROL

3. Bearing in mind that the older women are to teach the younger women *to have self-control...aka... to be sensible and to live wisely*, please list some areas where self-control should be taught.

For example:

- Good time management takes self-control.
- We are to be careful not to over commit;
leaving little time for our husbands, children, family and close friends.

Ephesians 5:15-17

“Therefore be careful how you walk, not as unwise men but as wise, **making the most of your time**, because the days are evil. So then **do not be foolish, but understand what the will of the Lord is.**” NASB95

***“A good thing can become a bad thing if....
it keeps you from the best thing.”***

- We are to ask the Lord to help us prioritize our tasks.
“Teach us to realize the brevity of life,
so that we may grow in wisdom.” Psalm 90:12 NLT

Now your turn....

THE KEY TO SELF-CONTROL....

4. How can a woman in our culture today develop self-control?

What does God use to change the way we think?

See Hebrews 4:12...

Also See John 14:26...

“It is the Word that will restrain your flesh, renew your mind, strengthen your resolve, and give you an appetite for those things that bring God pleasure.” -Nancy De Moss Wolgemuth

5. Please read Mark 5:1-15. How is the man described in this account?

What was the outcome of this man’s encounter with Jesus. Please see verse 15.

This is an **EXTREME** example but at the end of this verse, this poor man who had been tormented mentally, spiritually, and physically, hurting himself and othershaving no self-control....was now with Jesus, sitting and clothed and in his right mind. He now had self-control. He now had a sound mind.

That's what sitting with Jesus does for us. He takes away our fear, sadness, anxious heart, grumbling heart, vengeful heart, etc... **THEN**, He clothes us with His peace, His love, His forgiveness, His grace, His mercy, His joy and redirects our minds and priorities and gives us *self-control*. He puts us in our right mind.

One of the most important ways we demonstrate self-control in our lives is in the area of purity.....

.....[To be] pure....

*3 Older women likewise are to be reverent in behavior, not slanderers or slaves to much wine. They are to teach what is good, 4 and so train the young women to love their husbands and children, 5 **to be** self-controlled, **pure**, working at home, kind, and submissive to their own husbands, that the word of God may not be reviled.” -Titus 2:3-5 ESV*

The battle for living a PURE life starts in our mind; in our thought life.

“Sow a thought, reap an action;

sow an action, reap a habit;

sow a habit, reap a character;

sow a character; reap a destiny.”

Ralph Waldo Emerson

THE GOAL...

PURITY IN OUR THOUGHTS, WORDS AND DEEDS

The key to winning the battle for living a pure life is in reprogramming our minds with the truth of God's Word, which means reading it, studying it, agreeing with it and obeying it.

6. Please read Romans 12:2 and write this verse below.

What are we instructed not to do?

What are we instructed to do? And how do we do that?

The Greek word for “transformed” is *metamorphoō* - to change into another form, to transform, to transfigure. You may recognize this word from when a caterpillar is *transformed* into a butterfly through the process of metamorphosis.

We are being transformed by God into His likeness, 2 Cor. 3:18.

“We are changed not by a program, a practice, or a procedure. We are changed by a Person. We are changed by looking at Jesus—by spending time with Him, learning about Him, and worshiping Him.”

-Jon Courson

As God changes the way we think, what does this verse tell us will happen to us?

What will be the outcome and blessing of transforming us into a new person by changing the way we think?

**This one is tricky...look at the last few words of the verse.

“BE HOLY FOR I AM HOLY”.....

Impossible you say? Yes, it is without the empowerment of the Holy Spirit in our lives.

These words from the Lord, “Be holy for I am holy” are not just a statement, they are a command. But as with all commands from God, He supplies the power to do

the things He asks us to do. Of course, this side of Heaven we will still stumble and fall but purity is our goal: purity in our thoughts, words, actions, and motives.

“but as He who called you is holy, you also be holy in all your conduct, because it is written, “Be holy, for I am holy.” 1 Peter 1:14-16 NKJV

“Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes.” Ephesians 1:4 Nlt

A DEEPER LOOK AT PURITY....

Impurity in our culture is everywhere and widely accepted, even celebrated. But, this is not new. This was the climate of the culture on Crete where Paul was exhorting Titus to have the older Christian women train the younger women to be pure. It is amazing how applicable these words are today in our world. It is amazing that God’s word would have such great impact over 2,000 years later!!! God’s word is timeless!

7. In the New King James Version of Titus 2:5, Paul instructs the older women to teach the younger women to be “chaste”. The word “pure” is found in many other translations. And, in a less common translation, the Bible in Basic English version, the phrase “clean in heart” is used in place of the word “pure”. Using a dictionary, please write a definition for “chaste” and for “pure”.....

chaste:

pure:

The original Greek word used in Titus 2:5 is “hagnos”...meaning innocent, modest, perfect:-chaste, clean, pure....-Strong’s Concordance. Putting this definition with our definitions above and the other Bible translations, we have the fuller understanding of “pure” in this verse: pure (free of contamination), chaste (sexually pure in thought and act), modest, innocent, blameless and clean in heart.

WHAT DOES GOD'S WORD TEACH ABOUT PURITY?

8. What do these verses teach us about purity? Read the verses and fill in the blanks. These are some of the things we are to teach the younger women.

Purity in thought:

Teach the younger women to _____ Phil 4:8

We need to protect ourselves, our children, and the younger women from impure and evil influences that will defile their minds, ie.....what we watch on TV, or in movies, what we read, what we look at, etc...

Purity in marriage:

Teach the younger women to _____ 1 Thes. 4:3,7

Purity in speech:

Teach the younger women to _____ Ephesians 4::29

But to _____

Purity in behavior:

Teach the younger women to _____ James 1:27

Purity in the way to dress:

Teach the younger women to dress_____ 1 Timothy 2:9a

Our culture has forgotten how to blush. We need to teach our younger women how to dress in a way that would please God and not offend or entice others. Teach them to ask themselves, “Am I dressing in a way that is pleasing to God?”

“Modesty is all about respect: respect for God, respect for others (not to offend people with the way you dress) and respect for ourselves.”

Heather Pryor - author and Bible Teacher

PURITY IS A MATTER OF THE HEART.....

Purity in speech, behavior, dress, and thought, all of these things start in the heart.....

“But the words you speak come from the heart—that’s what defiles you. For from the heart come evil thoughts, murder, adultery, all sexual immorality, theft, lying, and slander.” - Jesus....in Matt 15:18-19.

So.....

Make no provision for the flesh.....

“The night is almost gone; the day of salvation will soon be here. So remove your dark deeds like dirty clothes, and put on the shining armor of right living. Because we belong to the day, we must live decent lives for all to see. Don’t participate in the darkness of wild parties and drunkenness, or in sexual promiscuity and immoral living, or in quarreling and jealousy. Instead, clothe yourself with the presence of the Lord Jesus Christ. *And don’t let yourself think about ways to indulge your evil desires.*” Romans 13:12-14 NLT

PUTTING UP GUARD RAILS....

“How can a young man (or woman) keep his (their) way pure? By guarding it according to your word. With my whole heart I seek you; let me not wander from your commandments! I have stored up your word in my heart, that I might not sin against you.” Psalm 119:9-11

We need to guard our purity....

9. One way to stay away from an impure lifestyle is to set up *guard rails* that will keep us hemmed in on the road to purity. What guard rails can you think of to protect your purity?

EXAMPLE:

Billy Graham would not ride in an elevator alone with a woman. He did not want to be tempted and he did not want anyone to be able to accuse him of any inappropriate behavior.

“A smart traveler doesn’t curse guardrails. He doesn’t whine ‘That guardrail dented my fender!’ He looks over the cliff, sees demolished autos, and thanks God for guardrails. God’s guardrails are His moral laws. They stand between us and destruction. They are there not to punish or deprive us, but to protect us.”
(Randy Alcorn)

CONFESSING OUR SINS LEADS TO GREATER PURITY.....

When we confess our sins in prayer to the Lord, we are on the path to increasing our purity. We are agreeing with God that our thoughts or actions are sin and displeasing to Him and asking Him for His help and power to overcome these thoughts and behaviors.

Please finish this verse.....

1 John 1:9 says, "If we confess our sins, _____

A QUESTION TO PONDER AND DISCUSS.....

10. How would you counsel a Christian woman who is experiencing the heaviness of guilt over her past immoral behavior?

See 1 John 1:7b, 9

See Romans 8:1

See 2 Corinthians 5:17

Tell her to **MARK THESE VERSES** in her Bible! Memorize them! Write them on the walls of her mind, and on the tablet of her heart so that when Satan comes to condemn her she can fight back with the truth of God's word!

Ask her to read John 8:2-11. Then, have her write the amazing grace filled words of Jesus quoted in verse 11. Please write them below.

MORE VERSES ON GOD'S GREAT FORGIVENESS!!!

11. Please read all of the verses below. Then, choose 2 verses to write on index cards and memorize them so that you can encourage yourself and others.

***For extra credit and blessing.....**

write all four portions of Scripture on index cards and memorize them.

Isaiah 43:25... "I, even I, *am* He who blots out your transgressions for My own sake; And I will not remember your sins." Nkjv

Psalms 103:12... "As far as the east is from the west, So far has He removed our transgressions from us." Nkjv

Isaiah 44:22... "I have blotted out, like a thick cloud, your transgressions, And like a cloud, your sins. Return to Me, for I have redeemed you." Nkjv

Micah 7:18-20... "Where is another God like you, who pardons the guilt of the remnant, overlooking the sins of his special people? You will not stay angry with your people forever, because you delight in showing unfailing love. Once again you will have compassion on us. *You will trample our sins under your feet and throw them into the depths of the ocean!*"

Regarding our sins being "thrown into the depths of the ocean", Corrie Ten Boom used to say,...

"When we confess our sins, God casts them into the deepest ocean, gone forever I believe God then places a sign there that says, 'No Fishing Allowed.' "

-Corrie Ten Boom from her book *Tramp for the Lord*

A CLOSING THOUGHT.....

"Blessed are the pure of heart for they shall see God."

-Jesus Matt 5:8

"We all want to see God and witness His mighty work in our lives. Jesus makes us pure on the inside by washing us in His blood. If you want to see God in Scripture, and in answered prayer, and in the everyday workings of your life and be a witness of what God is doing, then you must look through the lense of a pure heart. Bring your impurity to The lord and ask Him to remove it. Let God remove anything from your life that is impure and you will see God" more clearly.

-selected quotes from Scott Pauley