

# Practicing the Christian Life: Self Control

## I Corinthians 9:23-27; 10:11-13

8/13/23

### Outline

*<sup>23</sup> I do all this for the sake of the gospel, that I may share in its blessings.*

*<sup>24</sup> Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. <sup>25</sup> Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. <sup>26</sup> Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. <sup>27</sup> No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize. I*  
Corinthians 9:23-27

*<sup>11</sup> These things happened to them as examples and were written down as warnings for us, on whom the culmination of the ages has come. <sup>12</sup> So, if you think you are standing firm, be careful that you don't fall! <sup>13</sup> No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it. I*  
Corinthians 10:11-13

#### I. The Centrality of the Heart.

*"Everyone who competes in the games goes into strict training." (vs. 25)*

*"I strike a blow to my body and make it my slave." (vs. 27)*

*"So that after I have preached to others, I myself will not be disqualified for the prize." (vs. 27)*

#### Jacob and Rachel

*"So Jacob served seven years to get Rachel, but they seemed like only a few days to him because of his love for her." Genesis 29:20*

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*"I do all this for the sake of the gospel, that I may share in its blessings." (vs. 23)*

*"I have worked much harder, been in prison more frequently, been flogged more severely, and been exposed to death again and again. Five times I received from the Jews the forty lashes minus one. Three times I was beaten with rods, once I was pelted with stones, three times I was shipwrecked, I spent a night and a day in the open sea, I have been constantly on the move. I have been in danger from rivers, in danger from bandits, in danger from my fellow Jews, in danger from Gentiles; in danger in the city, in danger in the country, in danger at sea; and in danger from false believers. I have labored and toiled and have often gone without sleep; I have known hunger and thirst and have often gone without food; I have been cold and naked. Besides everything else, I face daily the pressure of my concern for all the churches." 2 Corinthians 11:23-28*

*"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart." Hebrews 12:1-3*

For the Joy