

Grace and peace be to you in the name of our Lord Jesus Christ.

You're welcome as we study the Scriptures together. It's always good to remind ourselves of the truths we've learned, even if we've encountered them in different settings.

Biblical Foundation:

1 Thessalonians 4:4-5 (ESV)

“...that each one of you know how to control his own body in holiness and honor,

not in the passion of lust like the Gentiles who do not know God.”

Understanding the Call to Self-Control

The Bible clearly instructs us to exercise self-control—which means choosing not to do certain things even when we have the power or opportunity to do them.

To control one's body is very similar to self-restraint. It means you lead your body, not the other way around. You are in charge—not your impulses, not your flesh.

One major area where those who do not know God are led astray is in the sinful desires of sexual immorality, which is what verse 5 is specifically addressing.

True Victory Begins with Christ

In order to overcome the desires of the flesh, it starts by inviting Jesus Christ into your life. When you believe in Him and surrender your life to Him, He gives you His Spirit—the Holy Spirit—who strengthens you to overcome sin.

Romans 8:13 (ESV)

“For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live.”

The Holy Spirit will not forcefully stop you from sinning. Rather, He empowers you with the ability to overcome the sinful nature of the flesh. The decision to obey still lies with you—but He gives you the grace and strength to walk in righteousness.

Spiritual Warfare Within

James 4:1 (ESV)

“What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you?”

This Scripture highlights that lust and selfish desires wage war within our own bodies. Therefore, believers must be intentional and proactive in resisting sin and living in holiness.

Separate from Sources of Temptation

After believing in Christ, the next step is to cut off anything that fuels lust or sin in your life.

The enemy (Satan) often wants people to repent with their words but not make real changes. He wants you to say sorry for sexual sin, but still watch pornography or listen to secular music that promotes immorality.

Therefore, the solution is clear:

You must make the decision to stay away from all sources of temptation.

If it's TV shows or movies—stop watching them.

If it's certain friends—distance yourself.

If it's online groups or pages—leave them.

Whatever triggers your flesh—cut it off.

Matthew 5:29 (ESV)

“If your right eye causes you to sin, tear it out and throw it

“Let Each One of You Learn to Control His Own Body”

away. For it is better that you lose one of your members than that your whole body be thrown into hell.”

This is not just metaphorical—it’s a radical call to take sin seriously.

You Can Overcome the Flesh

The Bible says we must learn to control our bodies because it is possible. If it were impossible, God would not have required it.

1 Corinthians 10:13 (ESV)

“No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape...”

So when the Bible calls us to self-control, it’s not to condemn us—it’s to equip us to live holy and honorable lives that please

God.

Conclusion:

Let us obey God's command to master our bodies and not let them master us.

Let us rely on the Holy Spirit, walk in purity, and take the necessary steps to avoid temptation.

Galatians 5:16 (ESV)

“But I say, walk by the Spirit, and you will not gratify the desires of the flesh.”

Maranatha!

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