

STRENGTH 3: SELF-CONTROL

BUILT FOR IMPACT SERIES

*For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; **and to knowledge, self-control**; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. – 2 Peter 1:5-8*

MASTERING THE MAN IN THE MIRROR

Picture a man who can lead teams, close deals, raise a family, and win influence in his community — but can't control his temper when things go sideways. Or his phone when he's alone. Or his tongue in a moment of stress.

That's not strength. That's slavery.

Peter's next challenge hits hard: if we're serious about growing into the kind of men God can use, we have to get serious about *self-control*. That means mastering the man in the mirror — not by sheer willpower, but by surrendering daily to the Spirit and learning to live *trained*, not triggered.

DISCIPLINE OVER DRIFT

The word Peter uses here for “self-control” (Greek: *egkrateia*) refers to **mastery of one's impulses** — the kind of restraint you'd find in a disciplined athlete or a skilled warrior. This isn't about denying every desire or pretending you're not tempted. It's about choosing who gets to be in charge — your old habits, or the Spirit of God.

“Like a city whose walls are broken through is a person who lacks self-control.” – Proverbs 25:28

A man without self-control is defenseless — exposed to every temptation, frustration, or addiction. But a man who learns to govern himself under God's authority becomes a force of peace and power in the chaos.

AT WORK: WHERE YOUR DISCIPLINE SPEAKS LOUDER THAN WORDS

Let's get practical. Self-control shows up at work when:

- You don't interrupt just to prove your point.
- You shut down gossip instead of entertaining it.
- You respond calmly under pressure, not emotionally or explosively.
- You follow through when it would be easier to shift blame or check out.

A man of self-control can be trusted — not because he's perfect, but because he's **consistent**. His presence brings steadiness. His words carry weight. His yes means yes, and his no means no.

Craig Groeschel says it this way: "Discipline is choosing what you want most over what you want now." That's self-control in a sentence.

NAVY SEALS – THE POWER OF CONTROL UNDER FIRE

Navy SEALs are some of the most skilled warriors in the world — not because they're fearless, but because they're **trained**. They don't rely on adrenaline. They rely on discipline. When chaos hits, they fall back on muscle memory.

You don't rise to the level of your intentions — you fall to the level of your training.

In the same way, godly men don't just hope they'll do the right thing in tough moments. They train their minds, habits, and hearts to follow Jesus when pressure hits.

Self-control isn't just a fruit of the Spirit — it's a **daily workout**.

YOU'RE NOT MEANT TO TRAIN ALONE

Every man fights this battle. But not every man fights it *with brothers*.

Self-control grows best in community — when we have trusted men who will ask hard questions, call us out, pray with us, and help us walk in the light. Isolation is where bad habits grow. Brotherhood is where strong men rise.

You need a band of brothers who'll help you **see your blind spots** and **stay in the fight**.

"As iron sharpens iron, so one man sharpens another." – Proverbs 27:17

CHALLENGE QUESTIONS

- Q. Where in your life have you stopped learning or growing?
- Q. Where are you "training" — and where are you just hoping for the best?
- Q. Who in your life has permission to hold you accountable?

SCRIPTURAL CROSS-REFERENCES

- Galatians 5:22–23 – *"The fruit of the Spirit is... self-control."*
- 1 Corinthians 9:27 – *"I strike a blow to my body and make it my slave..."*
- Proverbs 16:32 – *"Better a patient person than a warrior, one with self-control than one who takes a city."*

PRAYER

Lord, train my heart to desire what's good, not just what's easy. Help me resist the quick fix, the shortcut, the compromise. Grow in me a life of discipline — not for my glory, but for Yours. And give me brothers who will walk this with me.

TAKEAWAY SUMMARY

Self-control is the strength to say "no" when it counts — and "yes" to the things that matter most. It's not weakness. It's *spirit-powered mastery*. And it's essential for any man who wants to lead well and live with impact.

THIS WEEK'S ACTION STEP

Identify one area where you regularly give in to impulse — your phone, your tone, your schedule, your appetite, your spending. Tell a trusted brother about it. Then make a specific, measurable plan to train that area — not in isolation, but in community.

SELF-CONTROL

Responding calmly under pressure or provocation. Choosing discipline over emotion. Keeping your commitments and showing up steady, not reactive.