

Welcome to Youth Development Ministries

Self-Control A Fruit of the Spirit



Proverbs 25:28

"A person without self-control is like a house with its doors and windows knocked out."

Sunday, February 23, 2025

Self-Control: Mastering Your Inner Game

Welcome to a journey of self-discovery! We'll explore what self-control means, how it affects your life, and how to strengthen your inner game. Get ready to learn, reflect, and grow!

Corinthians 9:25

"All good athletes train hard. They do it for a gold medal that tarnishes and fades. You're after one that's gold eternally."

Paul compares self-control to an athlete's discipline, reminding believers to stay **focused on eternal rewards**.

Self-control isn't always easy, but with God's help, prayer, and practice, it becomes a powerful way to grow closer to Him and live a life that reflects His love and wisdom.



Derek Jeter-NO EXCUSES

This video provides insights into how Jeter's self-control and mental discipline were integral to his success on the field.

Why He's Famous:

•Known as "**Captain Clutch**" for his ability to perform in high-pressure situations. He is a former professional baseball player who played **20 seasons (1995–2014) for the New York Yankees** in Major League Baseball (MLB). He is widely regarded as one of the greatest shortstops in baseball history and was known for his leadership, clutch performances, and consistency.

Throughout his career, Jeter has occasionally spoken about his faith, including how his grandmother would take him to church during his childhood.

Regarding his performance under pressure, Jeter earned the nickname "**Captain Clutch**" for his ability to deliver in critical moments.

Key Highlights of His Career:

- Position:** Shortstop
- Teams:** New York Yankees (1995–2014)
- World Series Championships:** 5 (1996, 1998, 1999, 2000, 2009)
- All-Star Appearances:** 14 times
- Hits:** 3,465 hits (6th all-time in MLB history)
- Awards:**
 - 5 **Gold Glove Awards** (for defensive excellence)
 - 5 **Silver Slugger Awards** (for offensive excellence)
 - **World Series MVP (2000)**
 - **AL Rookie of the Year (1996)**

<https://youtu.be/RE8iuqtG7sA>



Over the coming weeks, we will explore scriptures that highlight the Fruits of the Spirit.

•**1. Honoring God** – The Bible teaches that self-control is a fruit of the Spirit.

(Galatians 5:22-23).

“But what happens when we live God’s way? He brings gifts into our lives, much the same way that fruit appears in an orchard—things like affection for others, exuberance about life, serenity. We develop a willingness to stick with things, a sense of compassion in the heart, and a conviction that a basic holiness permeates things and people. We find ourselves involved in loyal commitments, not needing to force our way in life, able to marshal and direct our energies wisely.”

When you practice self-control, you are following God's guidance and living in a way that honors Him.

•**2. Resisting Temptation** – As a young person, you face many temptations—whether it’s peer pressure, harmful habits, or negative influences. Self-control helps you resist these temptations and stay true to God's path **(1 Corinthians 10:13).**

1 Corinthians 10:13 (MSG)

“No test or temptation that comes your way is beyond the course of what others have had to face. All you need to remember is that God will never let you down; he’ll never let you be pushed past your limit; he’ll always be there to help you come through it.”

Why Self-Control Matters

Better Choices

It helps you make decisions that align with your values, goals, and future.

Stronger Relationships

Self-control strengthens relationships by preventing impulsive reactions and promoting empathy.

Greater Success

Self-control is a key ingredient for academic success, athletic performance, and personal fulfillment.

“And God is able to make every grace abound to you, so that in all things at all times, having all that you need, you will abound in every good work.”

-2 Corinthians 9:8 (NIV)

Who's in Control?

Do you always make the choices you want to?

Do you ever struggle with anger, frustration, or impulses?

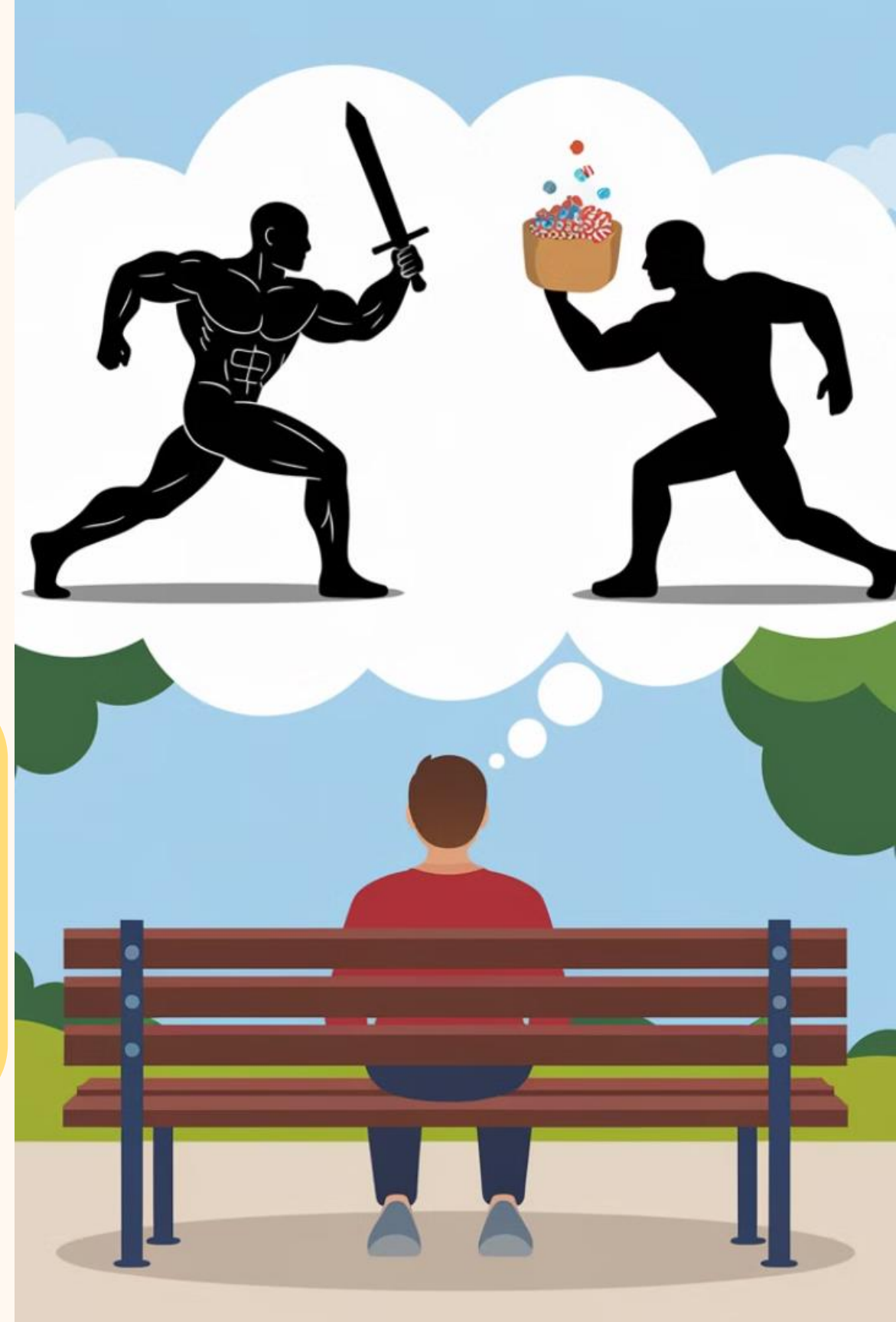
Do you find it hard to resist peer pressure or temptation?

- **“The Spirit, God's own breath, moves freely where he wants. We are not ruled by the flesh; we are ruled by the Spirit. If the Spirit is in you, then you are not subject to the law.” -Galatians 5:18 (MSG)**

Imagine you're driving a car. You're in the driver's seat, hands on the wheel, foot on the gas. But suddenly, you take your hands off the wheel and let the car go wherever it wants. What would happen? You'd probably crash!

Life works the same way. If we let our emotions, temptations, or peer pressure take control, we can end up in a mess. But Galatians 5:18 reminds us: *"But if you are led by the Spirit, you are not under the law."*

When we let the Holy Spirit take the wheel, He leads us to a life of peace, wisdom, and purpose. So, who's in control? Let it be God!



Lessons from Athletes

For though I am free and belong to no one, I have made myself a slave to everyone, to win as many as possible.” -1 Corinthians 9:19 (NIV)



Lebron James

Known for his exceptional skills, James also faced challenges with anger and frustration on the court. He learned to control his emotions, becoming a more disciplined and successful player.

What Does This Verse Mean? 1 Corinthians - 9:19

Paul, the writer of 1 Corinthians, is explaining how he voluntarily gives up his rights and freedoms to serve others for the sake of spreading the Gospel. Even though he is free in Christ and not bound to anyone, he chooses to humble himself and serve others so that more people can come to know Jesus.

This verse reflects self-control, humility, and love because Paul isn't focused on his own desires—his priority is bringing others to faith.



Let it be God

- Resist Temptation:
Choose wisely
- Manage Emotions:
Respond with patience
- Make Wise Decisions:
Think before acting
- Build Good Habits:
Stay disciplined
- Reflect Christ:
Shine His light

Let the Holy Spirit lead you to peace, wisdom, and purpose!



“The Lord will direct your steps if you delight in him and commit your way to him.” -Psalm 37:23 (NIV)

Strengthening Your Inner Game



"I can do all this through him who gives me strength." -Philippians 4:13 (NIV)



- Now that you have a better understanding of self-control, take the first step towards mastering your inner game.
- Choose one strategy to try this week and see how it impacts your decisions and behaviors. Keep practicing, and remember, you are not alone in this journey!