

THE 7 STEPS THAT LEAD TO HEAVEN

3 – Self-control

“Self-control” means mastery of oneself; disciplined moderation; controlling one’s desires and passions.

When man sinned, the body (flesh) was ruled by sin, therefore, the body and spirit are constantly at odds with one another. It is better described here, where it says, ***“For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish” (Galatians 5:17).***

Many of the early Christian blasphemers taught, that since the body was evil or unimportant—as some claimed—it was unnecessary to control fleshly lusts, but only to think correctly.

In response to this, Paul wrote, ***“But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified” (1 Corinthians 9:27).***

He spoke about his body as his adversary, or the foundation of those lusts and appetites, which “war against the mind”.

This leads us to understand that the body is not only conquered, but led into captivity. We must understand that this verse is figurative; it’s by no means suggesting that we should inflict physical pain on our body, but that we should subdue its appetites and passions.

The natural desires of our body should be entirely that of our servants, and never our masters. We “should not follow or be led by them”; instead, they should follow and be led by us.

The major problem of being led by the body or flesh is that we end up losing our salvation!

“For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life.” (Galatians 6:8)

Which of them is going to win this battle?

The study continues on **Wednesday at 7.30pm** (also at 7am, 10am & 3pm)