

The background features abstract, overlapping green geometric shapes in various shades, creating a modern and dynamic feel. The shapes are primarily triangles and polygons, some solid and some semi-transparent, arranged in a way that suggests movement and depth. The colors range from light lime green to deep forest green.

# From Faith to Love Step #6b—from Self- control to Godliness

1 Timothy 4:7-10

# Our Journey to Maturity

- ▶ We are blessed with a **new life** and with **every blessings** (2 Peter 1:3-4)
- ▶ God gave us a **roadmap** for our journey (8 steps) from faith to love
- ▶ Faith—**trusting** Jesus (where relationship begins)
- ▶ Goodness—**admiring** Jesus (set your eyes on Him)
- ▶ Knowledge—**knowing** Jesus (experience Him daily)
- ▶ Self-control—**imitating** Jesus (put off old flesh)
- ▶ Steadfastness—**following** Jesus (endure with Him)
- ▶ Godliness—**put on** Jesus (spiritual exercise)
- ▶ Brotherly kindness—**practicing** Jesus' love (love exercise)



Spiritual growth is a process (and a progress)



## Serve God and Others

- 8. Love (serve with all)
- 7. Brotherly Kindness (serve with actions)

## Grow in Christ

- 6. Godliness (putting on Jesus)
- 5. Steadfastness (following Jesus)
- 4. Self-control (imitating Jesus)

## Connect with God

- 3. Knowledge of God and self
- 2. Goodness of God
- 1. Faith in God



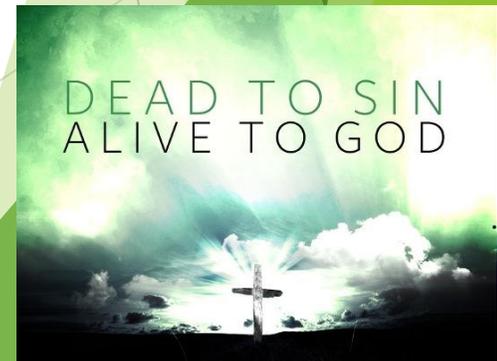
# 1. Be Self-aware and Sober-minded

- ▶ The **turning point** is between step #3 and 4 (knowledge to self-control)
- ▶ In some Christian circles they called it “rededication”, it is all about having the correct appreciation of God and a true realization of self (humility)
- ▶ (ill: color lenses) most people do not have the **self-awareness** to see themselves and their fleshly past—the way they’re perceiving the world
- ▶ (Eph. 4:22-24) you cannot embrace your new identity in Christ and pursuit godliness unless you realize that you were seeing yourself, God, and the world around you with your old lens still on (old thinking) and have not chosen to **put it down**.
- ▶ (1 Peter 4:7) “sober-minded” to step back and see, have you? Warning!! This can be **painful...**

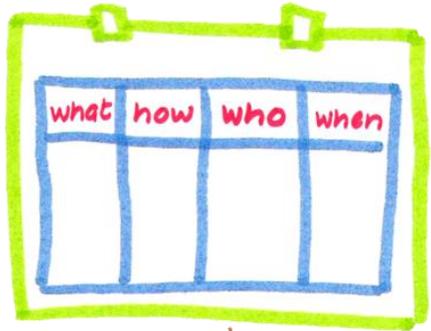


## 2. Determine to Change

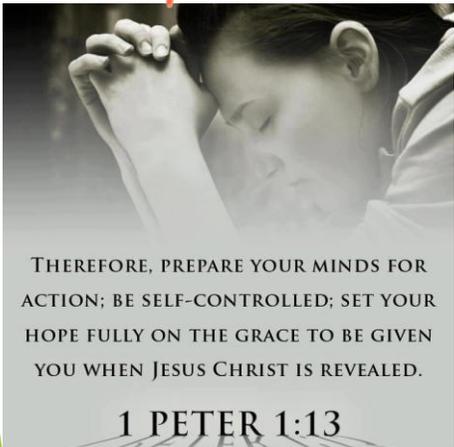
- ▶ The Bible uses the phrase “**put to death**” (see Col. 3:5-8)
- ▶ Do you want to **let it die**, to kill your old way of thinking and behaving?
- ▶ (Rom. 6:6-11) we must leave our flesh on the cross crucified, and no longer see ourselves as who we were. Now we are **dead to sin and alive to God**.
- ▶ What if we sin today? You must tell your old self that “you are dead, I am no longer that person anymore” and seek God’s forgiveness.
- ▶ (Gal. 5:18-24) Have you **crucified the flesh**—telling your old sinful passion that it is dead?



# 3. Have an Action Plan



action plan



- ▶ (1 Peter 1:13) **prepare** your mind for action. (see Rom. 12:2) What will you do when temptations come?
- ▶ You must have a game plan, the more clear the better
- ▶ According to the Bible, any good plan should include:
- ▶ (1 Tim 6:11; 2 Tim 2:22) **Fleeing** from sin and stop pursuing it
- ▶ (Prov. 3:7; 14:27; 16:6) then we should turn away
- ▶ Note: turn away does not have to mean “no” (ill: doughnut, shopping, get angry) Sometimes “later” or “don’t” is better than “can’t”. The key point is to “turn”
- ▶ So how does such a plan look like?

# Putting off our fleshly habits

- ▶ Action #1) **Flee**—this can be from physically walking away or by just taking 10 deep breaths. The key is STOP walking toward the temptation (ill: Joseph)
- ▶ Action #2) **Pray**—this can be short or long, written or spirit-led. The key is to acknowledge God (turn your eyes to Him) and ask for His help (i.e. cards)
- ▶ Action #3) **Turn your mind**—Turn away from making the wrong choice by giving yourself a time frame to cool (ill: heat)
- ▶ Action #4) **Pursuit a new habit**—be creative and think of a godly habit that can occur in a similar circumstance (i.e. thanksgiving instead of gossiping)
- ▶ Note: Make it **simple and memorable!** For example: 10-10-Go



2 Timothy 2:15-22

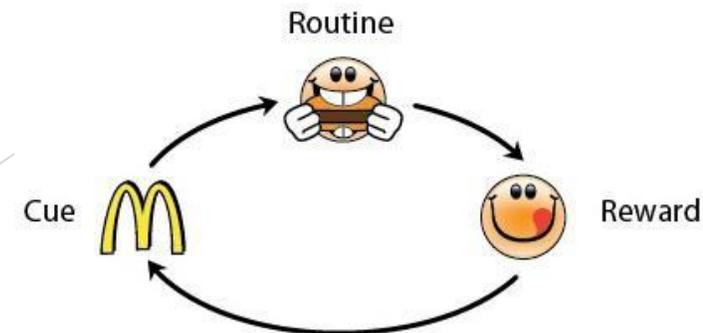
# Putting on a Godly Habit (the 4 R's)

## 1. Reminder (2 Peter 1:12-15; Rom 15:15)

- ▶ This reminder can be either personal or from a friend (ill: runners)
- ▶ we need to be reminded of what the goal will look like (ill: grandchild's picture)
- ▶ **Choose** something that will happen everyday (ill: coffee; dinner)

## 2. Routine (1 Tim. 4:8; Dan. 6:10)

- ▶ Try to be as consistence as possible (ill: Daniel, Moses, Jesus)
- ▶ Take notes of all possible distractions (before or after)
- ▶ **Repeat** and repeat until it sticks
- ▶ Note: Never try to start 2 new routines at the same time



# Putting on a Godly Habit (the 4 R's)

## 3. Reward (Psalm 128:1-2; Eccl. 3:12-13)

- ▶ From dwelling on the satisfaction of a task accomplish (mental) to a piece of chocolate (physical), the key is **satisfaction**
- ▶ Always give **thanks** to God (Col. 3:15-17) as we enjoy His blessings

## 4. Refine (1 Tim. 4:12-15)

- ▶ Never be puffed up with pride, rather see all these as blessings from God, and **give thanks**
- ▶ Moreover, we must **strive to improve** and grow in all areas of godly behaviors. (see 2 Tim. 1:6) This means to “tweak” our godly habits (ill. praying for others)



# Conclusion

What we have learned today:

1. **Self-awareness**—humbly see our past self and to acknowledge God as God
2. **Determine to change**—put our sins on the cross and leave them there
3. Have an **action plan to put off** the fleshly habits
4. Have an action plan to **put on** the godly habits in replacement of the old

*Rather train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come. (1 Tim. 4:7b-8)*

