

LIVING A *Blessed* LIFE

LIVING A BLESSED LIFE Part 2 – Be In Control of Your Reactions

Pastor Mark Hartman, Lead Pastor
October 8, 2017

I. Introduction

II. THE WORD **MEEK** IN THE BIBLE ACTUALLY MEANS SELF-CONTROLLED.

A. *Matthew 5:5 Blessed are the mEEK, for they will inherit the earth.*

Matthew 5:5 Blessed are the self-controlled, the gentle and teachable for they shall inherit the earth.

B. Greatness doesn't come from power over others. Greatness comes from power over **self**.

III. TWO BIBLICAL EXAMPLES OF POWER UNDER CONTROL.

A. The decision Abraham made about his **nephew** Lot.

1. *Genesis 13:7 And quarreling arose between Abram's herdsmen and the herdsmen of Lot.*

2. Abraham knew God would take care of him. He was the strongest of the two but chose to place his power **in control**, to be giving instead of taking.

B. The story of David and King **Saul**. David was willing to **wait** for God to give the kingdom to him in God's way. David had power under control.

C. We are mighty when we turn problems into projects, sorrows into servants, obstacles into opportunities. We are powerful when we turn tragedies into triumphs and stumbling blocks into stepping stones. This power requires **self-control**.

D. **Linda Down** and her twin sister were born over 40 years ago with cerebral palsy. As a result of that condition, they were left with a lack of motor coordination and balance.

1. They can only walk with the assistance of special crutches. Yet **Linda Down** inspired all of America when she completed the New York marathon - 26.2 miles - on crutches!

IV. STEPS TO SELF-CONTROL.

A. Build a protective wall of **safeguards** in your life.

1. *Proverbs 25:28 Like a city whose walls are broken down is a person who lacks self-control.*
2. *1 Corinthians 6:19-20 Do you not know that your body is a **temple** of the Holy Spirit, who is **in you**, whom you have received from God? You are not your own; ²⁰ you were bought at a price. Therefore honor God with your body. (NIV)*

B. Take care of yourself **physically**.

C. Practice **delayed gratification**.

D. Practice everything in **moderation**.

E. Practice Biblical **meditation**.

F. If you fail, ask God for forgiveness, then forgive **yourself** and get back on the right path.

V. THE REWARD OF SELF CONTROL. (Matthew 5:5)

A. *Matthew 5:5 Blessed are the meek, for they will **inherit** the earth.*

B. Allow the power of your personality to be all it is meant to be but bring it under God's control - bring your talents, abilities and reactions, all that you are - under God's control and He will **bless** you with everything you need.

Action Steps I will take ...

1. I want to talk with a minister about how I could have Jesus Christ active and present in my life. I will go to the Next Step Center right after the service.
2. I choose to build safeguards (walls of self-discipline) in my life to protect my heart for Christ.
3. I will have a time each day this week to read my Bible and pray. I will obey what God's Word teaches me in loving God and others.
4. If I fail in my obedience to the Lord this week, I will admit what I have done, ask God's forgiveness and get back on the right path.

CDs and DVDs of today's sermon or previous sermons are available for purchase after the service at our Water's Edge Resource Center.

Notes:
