

# PROVERBS

*The Way of Wisdom*

# The Human Heart



Self-Control

# Opening Story

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“And it came to pass, when she pestered him daily with her words and pressed him, so that his soul was vexed to death, **that he told her all his heart**, and said to her, ‘No razor has ever come upon my head, for I have been a Nazirite to God from my mother’s womb. If I am shaven, then my strength will leave me, and I shall become weak, and be like any other man.’”



When Delilah saw that he had told her all his heart, she sent and called for the lords of the Philistines, saying, "Come up once more, for he has told me all his heart." So the lords of the Philistines came up to her and brought the money in their hand. (Judges 16:16-18, NKJV)

# Understanding Self-Control

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- ❧ A battle between a divided self  
(Romans 7:21-25)
- ❧ Dealing with Sin (Galatians 5:23,  
Proverbs 4:14-20)
- ❧ Access (Luke 4:1, Proverbs 21:31)

# Something to Ponder

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“As far as your self-control goes, as far goes your freedom.”

*~ Marie Von Ebner-Eschenbach*

# An Opening Thought

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- ❧ Guarding the heart (Prov. 4:23, Psalm 19:14)
- ❧ The Example of a natural Spring (if the source is contaminated so is everything else it flows too).

# The Need for Self-Control

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☞ The heart needs guarding because we do not naturally think and look at life like God does (Proverbs 19:3)





☞ The heart needs guarding because like sheep we are prone to wander from God (Isaiah 53:6)



- ❑ Man can be self-deceived (12:15, 14:12, 16:1-2, 21:2)
- ❑ The heart is sick and wicked (Jeremiah 17:9-10)
- ❑ The heart of man is not a safe haven (28:26, 20:9, Isaiah 50:11, Jeremiah 2:13)

# What's the problem?

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“I am the master of my fate; I am the captain of my soul.”

*~ William Henley*

# Achieving Self-Control

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- ❧ Proverbs 23:26
- ❧ Titus 2:11-12
- ❧ Discipline and Instruction
- ❧ Self-Restraint (16:32)
- ❧ Lasting Influence (Prov.20:5, Psalm 119:11)