

Endurance: Self Control

Proverbs 15:1-9

October 4, 2026

“And by this we know that we have come to know him, if we keep his commandments. ⁴Whoever says “I know him” but does not keep his commandments is a liar, and the truth is not in him, ⁵but whoever keeps his word, in him truly the love of God is perfected. By this we may know that we are in him: ⁶whoever says he abides in him ought to walk in the same way in which he walked.”

– 1 John 2:3-6

“Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.” – Proverbs 16:32

1. Influence Others Skillfully (vs. 1-3)

“A soft answer turns away wrath, but a harsh word stirs up anger.

²The tongue of the wise commends knowledge, but the mouths of fools pour out folly ³The eyes of the Lord are in every place, keeping watch on the evil and the good.”

“Death and life are in the power of the tongue, and those who love it will eat its fruits.” – Proverbs 18:21

“So also, the tongue is a small member, yet it boasts of great things. How great a forest is set ablaze by such a small fire! ⁶And the tongue is a fire, a world of unrighteousness. The tongue is set among our members, staining the whole body, setting on fire the entire course of life, and set on fire by hell.” – James 3:5-6

2. Utilize the Opportunities Given (vs. 4-6)

“A gentle tongue is a tree of life, but perverseness in it breaks the spirit. ⁵A fool despises his father's instruction, but whoever heeds reproof is prudent. ⁶In the house of the righteous there is much treasure, but trouble befalls the income of the wicked.”

“But as for you, O man of God, flee these things. Pursue righteousness, godliness, faith, love, steadfastness, gentleness. ¹²Fight the good fight of the faith. Take hold of the eternal life to which you were called and about which you made the good confession in the presence of many witnesses.”

– 1 Timothy 6:11-12

3. Bear the Fruit of Self-Control (vs. 7-9)

“The lips of the wise spread knowledge; not so the hearts of fools. ⁸The sacrifice of the wicked is an abomination to the Lord, but the prayer of the upright is acceptable to him. ⁹The way of the wicked is an abomination to the Lord, but he loves him who pursues righteousness.”

How has God changed my life over the last month?
