

STAY STRONG

You then, my son, be strong in the grace that is in Christ Jesus.

2 Timothy 2:1 (NIV)

¹¹For the grace of God has appeared that offers salvation to all people. ¹²It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, ¹³while we wait for the blessed hope---the appearing of the glory of our great God and Savior, Jesus Christ.

Titus 2:11-13 (NIV)

Be Strong:

1. To be strong, endue with strength, strengthen.
2. To receive strength, be strengthened, increase in strength.
3. In a bad sense to be bold, headstrong.

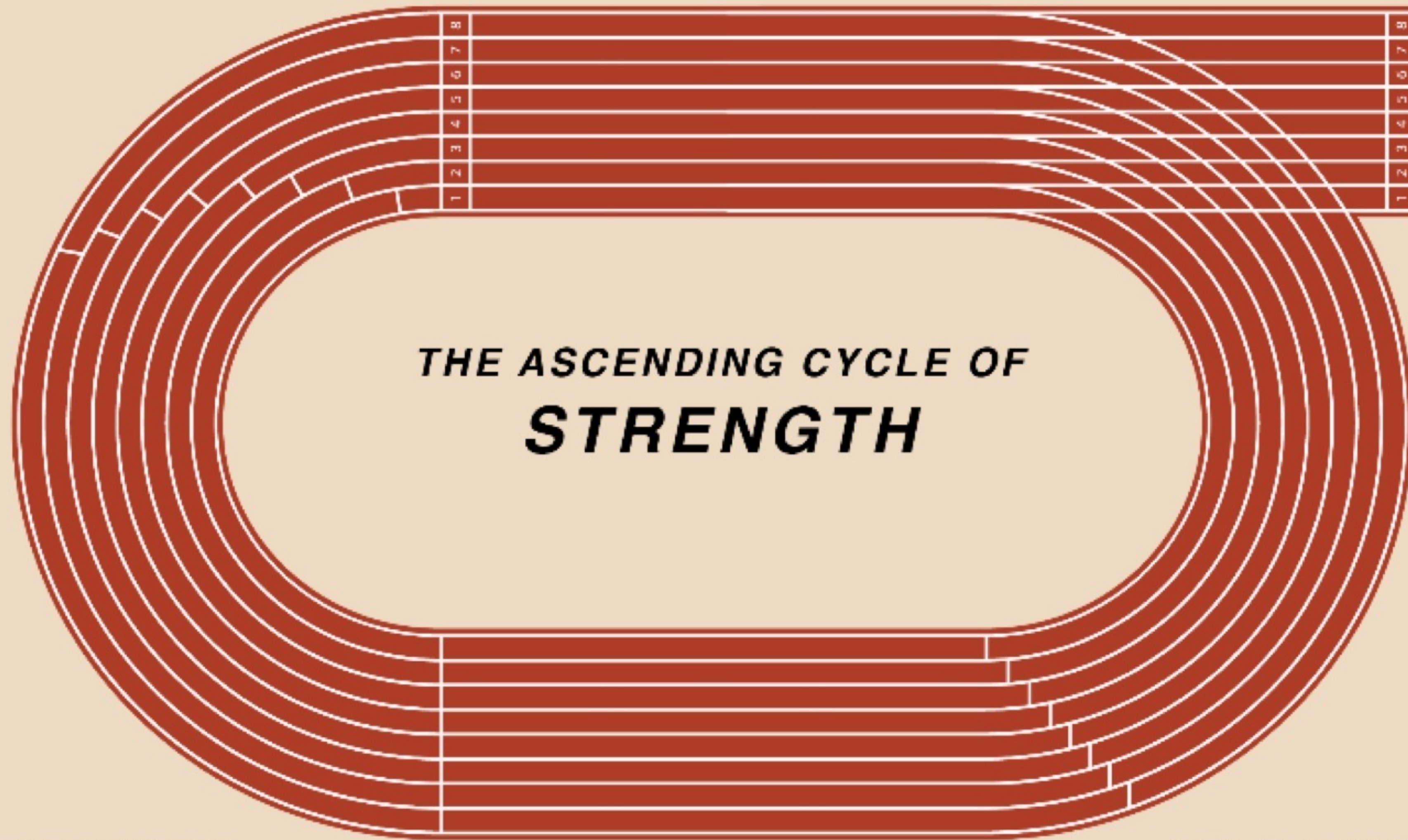
“Keep on being empowered; keep in touch with the power...
Christ is the dynamo for power only when and while we keep in touch with him.”

Marvin Vincent

Grace:

The Spirit's influence and power affecting us towards His likeness.

UNGODLINESS



WORLDLINESS

SELF-CONTROL

The Hurdle of Ungodliness

Ungodliness:
Lack of reverence and
awareness of God.



GRACE



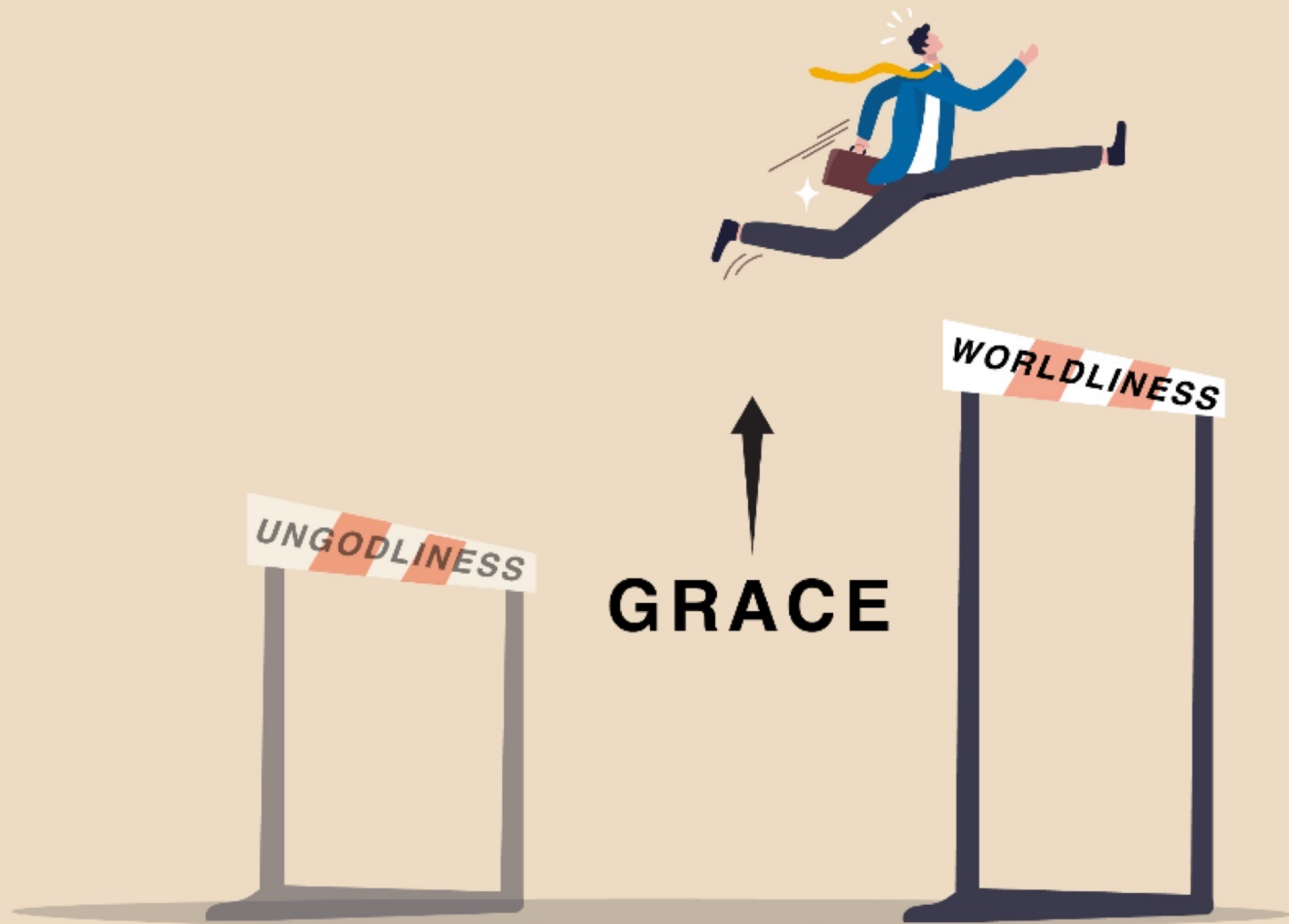
UNGODLINESS

The Hurdle of Worldliness

Worldliness:

Earthly desires and cravings that are contrary to God's will.





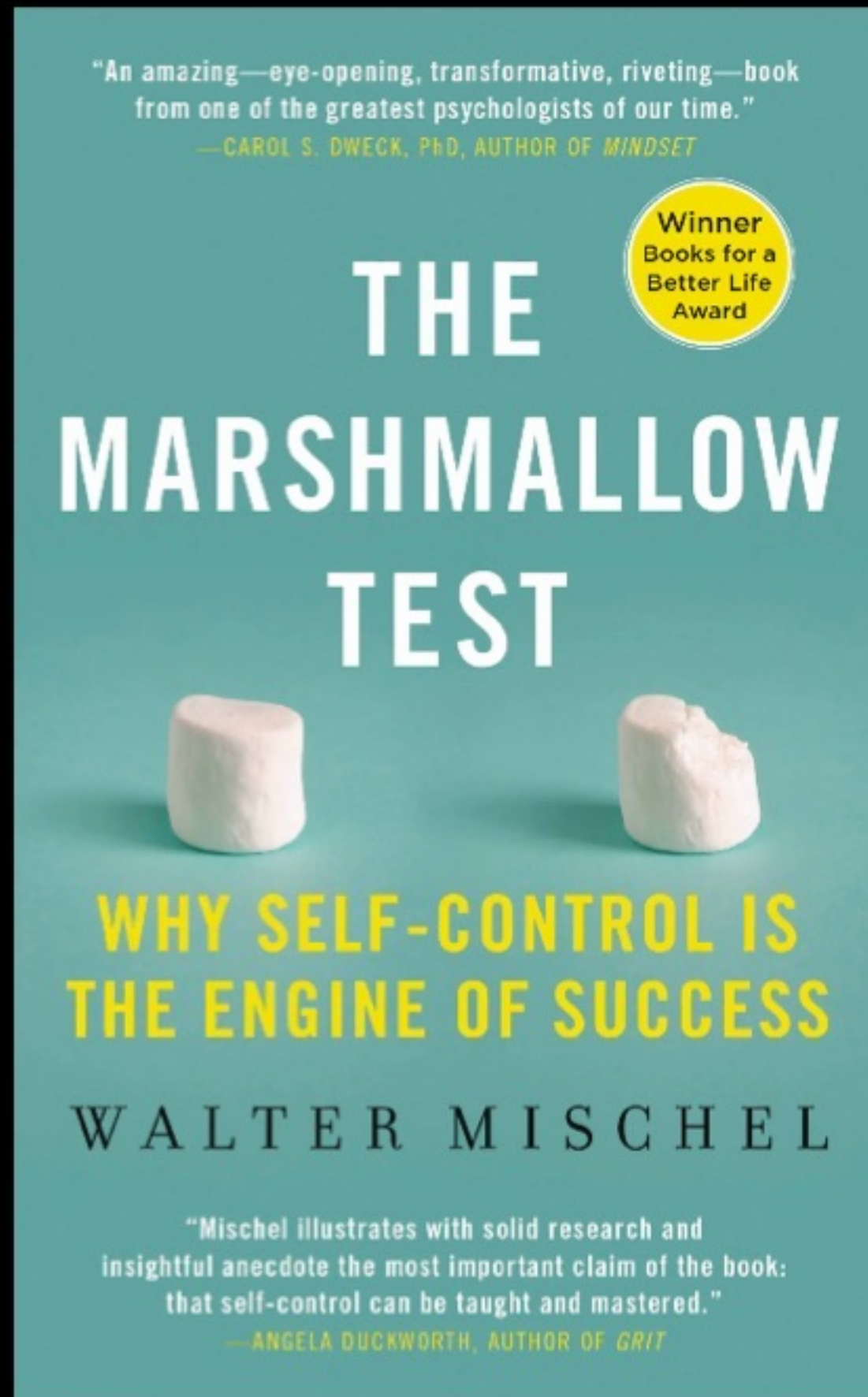
The Hurdle of Self-Control

Self-Control:

Restraint exercised over one's own impulses, emotions, and desires.







“Marshmallow man” Walter Mischel is an Ivy League professor known for his experiments in self-control. 50 years ago, he created a test to see how various five-year-olds would respond to being left alone with a marshmallow for 15 minutes with instructions not to eat it — and with the promises that if they didn’t, they would be given two.

Famously, preschoolers who waited longest for the marshmallow went on to have higher SAT scores than the ones who couldn’t wait. In later years they were thinner, earned more advanced degrees, used less cocaine, and coped better with stress.

Now Mischel is an octogenarian and freshly wants to make sure that the nervous parents of self-indulgent children don’t miss his key finding: “Whether you eat the marshmallow at age 5 isn’t your destiny. Self-control can be taught.”

“As the Hebrews were promised the land, but had to take it by force, one town at a time, so we are promised the gift of self-control, yet we also must take it by force.”

Ed Welch