



*Encouragers
of Young Women
Lesson 04*

Not Given to Much Wine

by Gail Yost

*... by what a man is overcome, by this he is enslaved.
2 Peter 2:19*

Spiritual mothering: “When a woman possessing faith and spiritual maturity enters into a relationship with a younger woman in order to encourage and equip her **to live for God’s glory.**” (Susan Hunt)

*“Once God’s glory is our purpose,
then we have a central point
to which we can relate
each decision and each situation.”*

Susan Hunt

How can we older women glorify God as we encourage the younger women and equip them to glorify Him?

Jesus tells how He glorified God: *I glorified You on the earth, having accomplished the work which You have given me to do* (John 17:4).

In this age and culture, we glorify God by completing the work He assigns us.

The work God assigns older women in Titus 2:3-5 requires us first **to be**–

reverent,
not malicious gossips,
not enslaved (given, addicted, slaves) to much wine.

so that [we] may **do the work**–

teach what is good
encourage the young women
to love their husbands and their children,
to be sensible, pure, workers at home, kind,
to be subject to their own husbands.

“When a woman embraces the virtues that Paul lists and in the power of the Holy Spirit incorporates them into her life, she has the character and credibility to encourage and equip a younger woman to live for God’s glory.”

Susan Hunt

Older women are to **model and teach** godliness in order to “encourage the young women” in the church in the particular ways that Paul mentions here. *Sophronezo* (to encourage) literally means “to cause someone to be of sound mind and to have **self-control**.”

What is Self-Control?

“Self-control is the controlling power of the will under the operation of the Spirit of God, literally a holding in of one’s self with a firm hand by means of the Spirit.”

Elizabeth George

Self-control is widely understood in practical application to life, but the Bible does not use the word extensively. It is implied, however, in many exhortations to obedience, submission, and sinless living.

In Galatians 5:22-23, “self-control” [*temperance*, KJV] is the translation of the Greek word *enkrateia*, which means “possessing power, strong, having mastery or possession of, continent, self-controlled.” *But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, **self-control**; against such things there is no law.*

Titus 1:8 uses the same Greek word. *The overseer must be . . . hospitable, loving what is good, sensible, just, devout, **self-controlled**.*

In 2 Timothy 3:1-5, the word is translated “without self-control” [*incontinent, KJV*]. *But realize this that in the last days difficult times will come. For men will be lovers of self, lovers of money, boastful, arrogant, revilers, disobedient to parents, ungrateful, unholy, unloving, irreconcilable, malicious gossips, **without self-control**, brutal, haters of good, treacherous, reckless, conceited, lovers of pleasure rather than lovers of God, holding to a form of godliness, although they have denied its power. . . .*

In Matthew 23:25, *enkrateia* is translated “self-indulgence” [*excess, KJV*]. *Woe to you, scribes and Pharisees, hypocrites! For you clean the outside of the cup and of the dish, but inside they are full of robbery and **self-indulgence**.*

2 Timothy 1:7 makes a significant statement about the importance of self-control:
*For God has not given us a spirit of timidity, but of power and love and **discipline**.* According to Strong's Concordance, the final word of verse 7 is a noun meaning “discipline” or “self-control.” Most modern translations render it as “self-control,” but “self-discipline” and “self-restraint” are also used.



What does the Bible say about the Christian's battle for self-control?

In Galatians 5:17-20, Paul lists the works of the flesh (*immorality, impurity, sensuality, drunkenness, carousing, and more*) and explains the battle that goes on between the Spirit and our flesh: *For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please.*

“To win the battle of self-control,
you and I have to recognize the conflict
and rely totally upon God’s help and grace.”
Elizabeth George

God has provided the key resources for change and inner control of the life:

1. The salvation we have in Christ—saved from the penalty and power of sin (Romans 6; Colossians 2)
2. The enabling work of the indwelling Holy Spirit (Galatians 5)
3. The transforming ministry of God’s Word (1 Thessalonians 2:13; Psalm 119)
4. The privilege and power of prayer (Philippians 4:6)

“The essence of self-control, then, is the growing manifestation of the holy qualities and character of the Lord Jesus as Christians seek to exchange their lives, which were formerly dominated by the cravings of the old life, with the new and glorious life of Christ. The means for this is a Word-filled and Spirit-filled life.”

J. Hampton Keathley, Bible.org

In what areas of life do we older women need self-control?

What additional areas are facing our young women?

How can we women — young and old — act on God's resources to nurture the spiritual gift of self-control in our lives?

1. Begin with our relationship to Christ.

"The beginning of [a Christian's] self-mastery is to be mastered by Christ, to yield to His lordship."

Jerry Bridges

2. Monitor our input.

*I will set no worthless thing before my eyes
(Psalm 101:3).*

3. Stay busy.

She looks well to the ways of her household and does not eat the bread of idleness (Proverbs 31:27).

4. Pray.

. . . the Spirit also helps our weakness; for we do not know how to pray as we should, but the Spirit Himself intercedes for us with groanings too deep for words; and He who searches the hearts knows what the mind of the Spirit is, because He intercedes for the saints according to the will of God (Romans 8:26-27).

5. Say "No."

Like a city that is broken into and without walls is a man who has no control over his spirit (Proverbs 25:28).

Conclusion

There are wonderful benefits associated with this Titus mandate. When we older women make an investment in the younger women, we both will be enriched personally, the sense of unity here at Mount Calvary Baptist Church will be deepened, society will be blessed, and God's word will be honored. What a return on that investment!

Titus 2:11-14

(God's grace in salvation) *For the grace of God has appeared, bringing salvation to all men,*

(teaches us how to live) *instructing us to deny ungodliness and worldly desires and to live sensibly, righteously and godly in the present age,*

(and shows us what is to come.) *looking for the blessed hope and the appearing of the glory of our great God and Savior, Christ Jesus,*

(What Jesus did) *who gave Himself for us*

(Why Jesus did it) *to redeem us from every lawless deed, and to purify for Himself a people for His own possession, zealous for good deeds. [Eager to do what reflects the doctrine of His grace!]*