

TAKE HOME SHEET

Message: Knowledge is Power
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After reviewing the message notes, here are some passages and verses that reinforce our quest to increase in knowledge and self-control.

KNOWLEDGE

Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'"

Matthew 4:4 (NIV)

⁷ Be strong and very courageous. Be careful to obey all the instructions Moses gave you. Do not deviate from them, turning either to the right or to the left. Then you will be successful in everything you do. ⁸ Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do. ⁹ This is my command—be strong and courageous! Do not be afraid or discouraged. For the LORD your God is with you wherever you go.

Joshua 1:7-9 (NLT)

See how this next passage emphasizes that God's word should be the primary influence over every area of our life:

⁶ And you must commit yourselves wholeheartedly to these commands that I am giving you today. ⁷ Repeat them again and again to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up. ⁸ Tie them to your hands and wear them on your forehead as reminders. ⁹ Write them on the doorposts of your house and on your gates.

Deuteronomy 6:6-9 (NLT)

SELF-CONTROL

¹ Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. ² We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross...

Hebrews 12:1-2 (NLT)

No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.

1 Corinthians 10:13 (NIV)

²³ Then he said to the crowd, "If any of you wants to be my follower, you must turn from your selfish ways, take up your cross daily, and follow me. ²⁴ If you try to hang on to your life, you will lose it. But if you give up your life for my sake, you will save it. ²⁵ And what do you benefit if you gain the whole world but are yourself lost or destroyed?

Luke 9:23-25 (NLT)

²⁴ I tell you the truth, unless a kernel of wheat is planted in the soil and dies, it remains alone. But its death will produce many new kernels—a plentiful harvest of new lives. ²⁵ Those who love their life in this world will lose it. Those who care nothing for their life in this world will keep it for eternity. ²⁶ Anyone who wants to be my disciple must follow me, because my servants must be where I am. And the Father will honor anyone who serves me.

John 12:24-26 (NLT)

The first virtue, **moral excellence** (*aretē*), uses the distinctive word in classical Greek for virtue. It was such a lofty term that it was used for moral heroism, viewed as the divinely endowed ability to excel in heroic, courageous deeds. It came to encompass the most outstanding quality in someone's life, or the proper and excellent fulfillment of a task or duty (cf. [Phil. 4:8](#)). *Aretē* never meant cloistered virtue, but that which is demonstrated in the normal course of living. The apostle Paul modeled the pursuit of such spiritual heroism: "I press on toward the goal for the prize of the upward call of God in Christ Jesus" ([Phil. 3:14](#); cf. [2 Cor. 5:9](#); [1 Thess. 4:1, 10](#)).

At the heart of moral excellence is **knowledge**.

Knowledge refers to the divine truth that is the foundation of spiritual discernment and wisdom ([Rom. 15:14](#); [2 Cor. 10:5](#); [Col. 1:9](#); cf. [Prov. 2:5-6](#); [9:10](#)), the truth properly understood and applied (cf. [Col. 1:10](#); [Phile. 6](#)). This virtue is related to illumination (cf. [2 Cor. 4:6](#)), which is having one's mind accurately enlightened about the truth of Scripture ([Col. 3:10](#); [Titus 1:1](#); [2 Peter 1:3](#); [3:18](#)) and involves diligent study and meditation on it ([John 5:39](#); [Acts 17:11](#); [2 Tim. 2:15](#); cf. [Deut. 11:18](#); [Job 23:12](#); [Ps. 119:97, 105](#)), so as to acquire "the mind of Christ" ([1 Cor. 2:16](#)). Flowing from knowledge is a third virtue, **self-control** (*egkrateia*), which literally means "holding oneself in" (cf. [Gal. 5:23](#)). It was used of athletes who sought self-discipline and self-restraint, even beating their bodies into submission (cf. [1 Cor. 9:27](#)). They would also abstain from rich foods, wine, and sexual activity in order to focus all their strength and attention on their training regimen. False theology (such as that propounded by the heretics of Peter's day and discussed in chapters 2 and 3) inevitably divorces faith from conduct because it cannot deliver the soul from sin's harmful effects and forces its followers to battle for self-control on their own and indulge their lusts (cf. [1 Tim. 6:3-5](#); [2 Tim. 2:14, 16-19](#); [1 John 4:1-6](#); [Jude 16-19](#)).

MacArthur New Testament Commentary, The - MacArthur New Testament Commentary – 2 Peter & Jude.