

Fruit of the Spirit Series

SELF-CONTROL

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Fruit of the Spirit –Self-Control (Leanne McAlister/Elyse Yu)



We are strong in some areas of self-control, but we're weak in others.

Galatians 5: 17-18

- Our flesh-desires mean we can be rooted in rebellion and independence
- The results of sinful nature are following (Gal 5: 19)
- When we live this way we live enslaved, away from God
- The list (Gal 5: 19ff) is the fruit of being controlled by our sin nature

Self-Control (Temperance)

- Anything that we are enslaved to
- The translation in the original language is close to "self-mastery"
- Self-control is being in charge of our choices

Galatians 6: 8-9

- We harvest eternal life
- This is bondage verses freedom

If God will produce the fruit of self-control through his Spirit, what's our part?

- 1 Corinthians 24-27, Self-mastery, run to win
- Discipline and effort is required, we practice, we exercise
- We abstain from anything that hinders spiritual growth, the body is made subject, not because it's evil but because it was never intended to be in control

Are we controlled by the flesh or controlled by the Spirit. Jesus, and his first followers say we can only serve one.

Discussion Questions:

- What areas of your life do you exhibit self-control? What areas lack it?
- What does discipline look like? How do we practice self-control?
- What areas of our lives (blind spots) might be completely neglect self-control, but are totally vital to a healthy relationship with Jesus?
- Does our culture value self-control? How will that impact us?
- What area of your life can you begin to exercise Spirit-filled self-control this week where you haven't before?