

## SpiritFruit

Lesson Ten • Galatians 5:16-25

### The SpiritFruit of Self-Control

#### What Is the SpiritFruit of Self-Control?

Self-control is the Christ-like response to whatever and whoever causes you to want to please SELF at the cost of pleasing GOD.

*But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. Galatians 5:22-23 ESV*

#### Bearing the SpiritFruit of Self-Control:

### 1. Self-Control Is Contrasted to the WORKS of the Flesh! Galatians 5:19-21

#### *The Works of the Flesh...*

Show a serious LACK of self-control in one's life.

#### *A Lack of Self-Control...*

Leads to a life that's out of control and eventual RUIN.

*Like a city whose walls are broken down is a man who lacks self-control. Proverbs 25:28 NIV*

#### *Is Any Area of My Life Out of Control?*

- IMMORALITY: sex out of control. *1Thessalonians 4:3-5*
- SENSUALITY: lust out of control. *Proverbs 6:23-26*
- IDOLATRY: worship out of control. *1John 5:21*
- WRATH: anger out of control. *Proverbs 14:17; 16:32; 29:11*
- DRUNKENNESS: alcohol out of control. *Proverbs 20:1; 23:29-25*

- COVETOUSNESS: desire for stuff out of control. *Luke 12:15*
- DEBT: spending out of control. *Proverbs 21:20; 22:7*
- SELFISHNESS: ambition out of control. *Philippians 2:3-4*
- BACKBITING: tongue out of control. *Proverbs 12:18; 13:3 James 3:5-6*

### 2. Self-Control Is Presented as a FRUIT of the Spirit!

*Galatians 5:22-23*

#### *The Challenge for Christ-Followers:*

To live SELF-CONTROLLED in a world that is out of control.

#### *Clarifying Self-Control:*

Self-control is not a result of SELF-EFFORT, but rather the Spirit's work in us; there's no way to gain control over self by one's self.

*But I say, walk by the Spirit, and you will not gratify the desires of the flesh. Galatians 5:16 ESV*

#### *Living a Self-Controlled Life:*

- Keep RUNNING in the Spirit's power.

*Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. 1Corinthians 9:24-25 ESV*

- Keep FIGHTING in the Spirit's power.

*So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified. 1Corinthians 9:27 ESV*

#### Who Has Control of Your Life?

Surrender control of your life to God. Ask God to take control of your life, and when He does you will begin acting like Christ as His fruit is supernaturally produced in you by the Spirit.