



FRUIT of the SPIRIT

Part 9: Self-Control Galatians 5: June 28, 2020

1) The Greek word “Egkrateia” can be defined as the virtue of one who masters their desires and passions. It could also be described as temperance, restraint, moderation or self-discipline.

2) Self-control is like the “peel” that holds the fruit of the Spirit together. Without it the other virtues like love, joy, peace, patience, kindness, goodness, faithfulness and gentleness will be difficult to have.

3) The goal of self-control is to _____ like Jesus rather than _____ with the impulses of our flesh.

4) The very idea of self-control implies that there is a power struggle within our self. The implication is that our self or flesh produces impulses or desires that need to be brought under control and some even denied. This is the battle between our flesh and the Spirit. (See Galatians 5:16,17)

5) The Bible teaches us that true Christians have died with Christ and have been raised to new life - our life of sin is considered dead and gone and a new, born-again life that is empowered by the Spirit has begun. (See Galatians 2:20, Romans 6:6)

6) Everything this world could offer our flesh is meant to pale in comparison to the ultimate satisfaction of the soul that God wants us to find in Him.

7) We either master our desires it or they master us and makes us a slave to sin.

8) We need supernatural power to master our natural desires. This power comes, ironically, as we surrender control to the Holy Spirit. A life that is yielded to the Holy Spirit will yield much spiritual fruit!

:: LIFE APPLICATION

1) As we conclude this series on the fruit of the Spirit, in what new ways have you grown in your understanding of the fruit that God wants to cultivate in this season of your life? Which part of the fruit of the Spirit has stood out to you the most?

2) In what situations do you find self-control being put to the test in your life?

3) In the message we heard about the idea of “restraint bias”, where we tend to have a deluded sense of how much self-control we actually possess. Do you agree with this idea? What are the implications of this in your life?

4) As we heard the series of passages on God's promises to us in finding satisfaction in Him, what was your response? Is God your ultimate source of satisfaction in life?

5) Take some quiet time today to read Galatians chapter 5 again and ask the Holy Spirit to guide you, fill you and empower you. Pause and consider how you might yield yourself to the Holy Spirit more fully so that you may keep in step with Him.