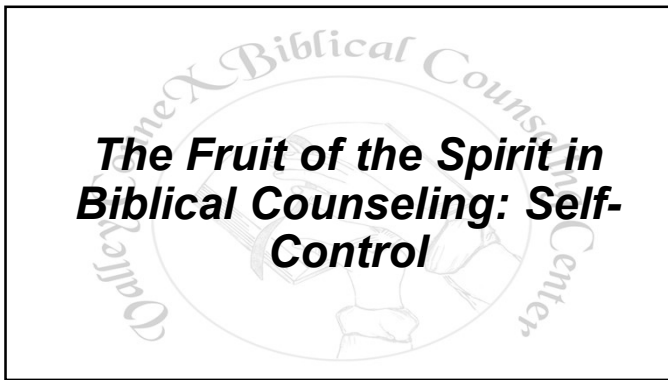


1



2

The fruit of the Spirit

- ¹⁶ But I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷ For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. ¹⁸ But if you are led by the Spirit, you are not under the law. ¹⁹ Now the works of the flesh are evident: sexual immorality, impurity, sensuality, ²⁰ idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, ²¹ envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. ²² But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, self-control; against such things there is no law. ²⁴ And those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ If we live by the Spirit, let us also keep in step with the Spirit. Galatians 5:16-25 (ESV)

3

The biblical truth of self-control is popularly challenged and denounced.

- *“But understand this, that in the last days there will come times of difficulty. For people will be lovers of self, lovers of money, proud, arrogant, abusive, disobedient to their parents, ungrateful, unholy, heartless, unappeasable, slanderous, without self-control, brutal, not loving good, treacherous, reckless, swollen with conceit, lovers of pleasure rather than lovers of God, having the appearance of godliness, but denying its power. Avoid such people.” (2 Timothy 3:1–5, ESV)*

7

Self-control is the defense we have from being controlled by the things that damage and destroy.

- *“A man without self-control is like a city broken into and left without walls.” (Proverbs 25:28, ESV)*
- In our day think of the implications of removing every exterior door from your house.



8

The practice of self-control is a deterrent from focusing on things you cannot control.

- Anxiety is the result when you want to control what you cannot control.
 - *“And which of you by being anxious can add a single hour to his span of life?” (Matthew 6:27, ESV)*

9

The practice of self-control is a deterrent from focusing on things you cannot control.

- Anxiety is the result when you want to control what you cannot control.
 - Inherent in the teaching of Jesus concerning anxiety is the revelation that anxiety is something we can control.
 - *“Therefore I tell you, do not be anxious about your life,...” (Matthew 6:25, ESV)*

10

Trying to control what you cannot control or what you do not have the authority to control reveals:

- Fear-King Saul 1 Samuel 13:8-12;15-24; 17:11;18:12,15
- Ignorance-Saul (Paul) Acts 9:1-2; 1 Timothy 1:13
- Arrogance- Jewish religious leaders John 11:47-53
- Self-centeredness-James and John Matthew 20:20-23
- Lack of Faith-Abram and Sarai Genesis 16
- Anger-Nebuchadnezzar Daniel 3:16-20

11

Failure to exercise self-control results in being controlled by the works of the flesh:

- *“Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. (Galatians 5:19–21, ESV)*

12

Self-control positions you to live victoriously.

- *“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. 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.” (1 Corinthians 9:24–27, ESV)*

13

Self-control gets to the heart of the matter of responding rather than reacting to life.

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

14