

Sermon Notes

What's in YOUR Garden? (Part 10) The Fruit of the Spirit: SELF-CONTROL

Pastor Bill Bowers

September 25, 2016

But when the Holy Spirit controls our lives, He will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and _____. Galatians 5:22-23 (NLT)

My medications...

THE PICTURE

"holding oneself in" ... "inner strength" ... "temperance"

Self-control defends against temptation and destruction.

"A person without self-control is as defenseless as a city with broken-down walls." Proverbs 25:28 (NLT)

Self-control leads to godliness and love.

...your faith will produce a life of moral excellence. A life of moral excellence leads to knowing God better. Knowing God leads to self-control. Self-control leads to patient endurance, and patient endurance leads to godliness. Godliness leads to love for other Christians, and finally you will grow to have genuine love for everyone. 2 Peter 1:5-7 (NLT)

THE PROBLEM

THE PLAN

1. Go below _____.

Digging spots...

Sin is no longer your master, for you are no longer subject to the law, which enslaves you to sin. Instead, you are free by God's grace. Romans 6:14 (NLT)

"I pray that from His glorious, unlimited resources He will give you mighty inner strength through His Holy Spirit... May your roots go down deep into the soil of God's marvelous love. And may you have the power to understand... how wide, how long, how high, and how deep His love really is. May you experience the love of Christ... then you will be filled with the fullness of life and power that comes from God."

Ephesians 3:16-19 (NLT)

2. Gather friends _____.

Fools think they need no advice, but the wise listen to others. Proverbs 12:15 (NLT)

3. Give it _____.

But when the Holy Spirit controls our lives... Galatians 5:22 (NLT)

Galatians 2:19-20 (NLT)

2 Peter 1:3-4 (NLT)

To develop self-control, I must realize that I can't do it on my own power, I must believe that God can, and I must be willing to let Him!

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**For Personal Reflection or LifeGroup Questions
What's In YOUR Garden?
The Fruit of the Spirit: SELF CONTROL
Pastor Bill Bowers / September 25, 2016**

1. What is the first thought that comes to mind when you hear the word "self-control"?
2. How many areas of a person's life can be affected by lack of self-control? Can you name some areas of self-control that you struggle with?
3. What do you think is the answer to lack of self-control or building self-control? Do you think you can master areas of your life where you lack self-control? What specific tools, disciplines, medication or otherwise could you employ to overcome issues you might be struggling with?
4. Pastor Bill mentioned several Scripture references that we can not only exercise a life of self-control, but we can be completely free of the ravages of sin. What do you think about this? (see these references: 2 Peter 1:3-7, Romans 6:14, Ephesians 3:16-19).
5. If you are not living in the freedom of the Spirit, being controlled by the Holy Spirit of God, and experiencing the joy of constant fellowship with the presence of God within you, what do you think is hindering or preventing from experiencing these things?
6. What are you doing to further develop your relationship with God the Father, the Son, and the Holy Spirit? Do you want to further develop and deepen your knowledge and practice of God's presence in your life? What do you think would be your next step in this process?
7. If you could pick one Fruit of the Spirit to work specifically on mastering in the months through the next year, which fruit would it be? What would your plan for mastering this fruit be? When will you start?

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