

**Mom2Mom**  
***The Fruit of the Spirit***  
**Self-Control & Meekness TEACHING**  
**STUDENT Notes**

**I. Self-Control –**

A. **The \_\_\_\_\_ of Self-Control –** (I Cor. 9:27, James 1:14-16, Eph. 4:22-24, Luke 9:23)

To control one's self -- It might be best described as

- "governing one's desires" and
- "the ability to avoid excesses, to stay within reasonable bounds" and
- "the healthful regulation of our desires and appetites, preventing their excess."<sup>1</sup>

"Self- Control is the exercise of inner strength under the direction of sound judgment that enables us to do, think, and say the things that are pleasing to God."<sup>2</sup>

These definitions imply that we tend to overindulge our desires and various appetites, and we need to learn to restrain them.

Self-Control can be broken down into two main concepts. First, it is "the moderation and temperance in the gratification of our desires and appetites" with "strength of character that enables one to control his or her passions." The second concept is soundness of mind and judgment.<sup>3</sup>

Sound judgment helps us to see how we should respond or what we should do, and inner strength gives us the power to do what is right.

**B. Self-Control says "yes" to the \_\_\_\_\_ things and "no" to ungodly things.** (Luke 9:23, I Cor. 9:27, Titus 2:11-12)

**C. Self-control is hard, because we are at war with our own sinful \_\_\_\_\_ desires.**

- 1. In James' epistle, we see our struggle to have self-control comes from \_\_\_\_\_ ourselves, not "out there."** (James 4:1, James 1:14-16)
- 2. Further, our natural desires are deceitful, and, if they are allowed to take root and grow, they will corrupt and \_\_\_\_\_ us.** (Eph. 4:22-24)

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<sup>1</sup> The Fruitful Life, by Jerry Bridges, quote from page 154

<sup>2</sup> The Fruitful Life, by Jerry Bridges, quote from page 156

<sup>3</sup> The Fruitful Life, by Jerry Bridges, quote from page 155

II. \_\_\_\_\_ of Self-Control –

A. Honoring God with Your \_\_\_\_\_ –

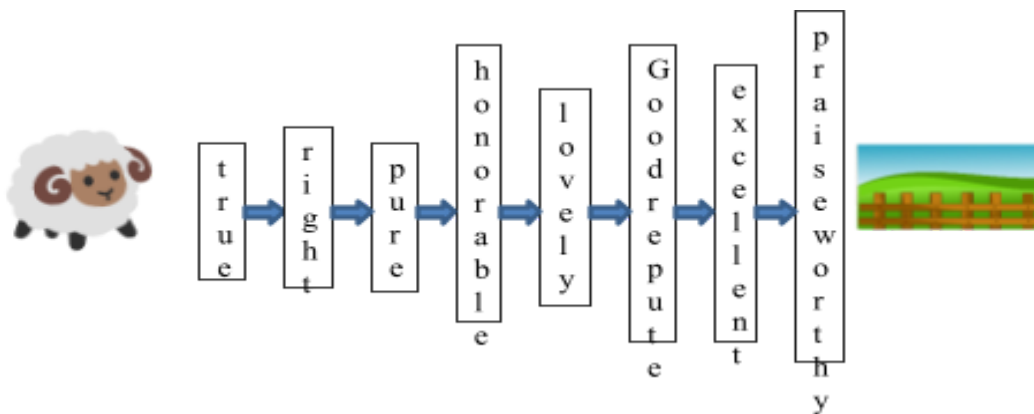
1. God created us to enjoy physical things, but under the curse of sin, we often take the good things made for our enjoyment and begin to worship the pleasure they bring. (I Tim. 6:17, I Cor. 6:12, 19-20)

2. Because of this tendency, we should be especially careful to watch for areas of gluttony, laziness, and sexual immorality and impurity. (I Thess. 4:3-5, I Cor. 10:31, II Cor. 4:6-7, Matt. 5:28)

B. Honoring God with our \_\_\_\_\_ – (2 Cor. 10:5)

1. Our thoughts direct our actions. (Prov. 4:23, Matt. 12:34)

2. God kindly has given us a grid through which to check our thinking to make sure that what we are allowing to stay or abide in our minds honors him. *Phil. 4:8*



C. Honoring God with Our \_\_\_\_\_ (Prov. 16:32, Eph 4:31, Prov. 12:18)

D. Knowing the Word of God is necessary for \_\_\_\_\_. (Rom 12:3)

III. Meekness –

A. The meaning of meekness. “PRAUS” means \_\_\_\_\_ God’s dealings with us as good and therefore offering no resistance or disputing. (Galatians 5:23, Matt. 11:29)

B. Meekness describes a \_\_\_\_\_ of soul that is not anxious. (1 Timothy 2:1-2)

**Compare and contrast tranquil and quiet:**

- The word, *tranquil*, is a quietness arising from *without*.
- The word *quiet* refers to a state of being, arising from *within* that causes no disturbance to others; not anxious.
- Meekness is *not* the same thing as a personality trait of quietness.

#### IV. \_\_\_\_\_ Meekness

A. Meekness is an \_\_\_\_\_ of the heart and a quiet spirit is the result.

A meek and quiet heart is free to concentrate on loving others, because it isn't chaotically trying to manipulate things to go its way. (Ps. 37:7, 11; Philippians 4:9; James 1:21)

B. Meekness is not \_\_\_\_\_ or resentful. (James 3:17)

C. Meekness is not dependent upon our \_\_\_\_\_. (Gen. 50:20, Rom. 8:28-29; Ps. 119:68)

#### Optional Memory Verse

**Titus 2:11-12** *For the grace of God has appeared that offers salvation to all people. It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age,*

#### Homework

Assign [Worksheet #7](#). This should be read and completed this week and discussed next week. [A helpful resource](#) including the passage discussed in this worksheet as well as some commentary was published on [www.faithlafayette.org/mom2mommember](http://www.faithlafayette.org/mom2mommember).

#### Table Discussion Questions (\*\* is also a Large Group Discussion Question)

##### Application Questions for Self-Control content

1. \*\* How does this definition of self-control affect you?
2. How does recognizing that you have deceitful desires help you grow in self-control?
3. How can we grow in self-control in body, thoughts, and emotion?

##### Application Questions for Meekness content

4. How does accepting God's dealings with us lead to meekness?
5. \*\* How are meekness and manipulation related?
6. How does a focus on circumstances limit our meekness?

#### Table Time Prayer Request Question

In what specific ways can we ask Jesus to help you grow in Self-Control and Meekness this week?

#### Large Group Discussion Question

Table time discussion questions 1 and 5 will be used for large group discussion.