

# *Fruit of the Spirit*

**Against such things there  
is no law.**



# Self-Control: Abstinence or Dedication

A photograph of two dogs, a grey and black speckled dog on the left and a brown dog on the right, standing on a kitchen floor and looking into an open refrigerator. The refrigerator is illuminated from within, showing several green glass bottles on the shelves. The background is dark, and the overall scene is lit with a cool blue light.

Galatians 5:22-23

But the fruit of the Spirit is love, joy,  
peace, patience, kindness, goodness,  
faith, gentleness, self-control.

Against such things there is no law.

# Self-Control: Abstinence or Dedication

A photograph of two dogs looking into an open refrigerator. On the left, a grey and black speckled dog is standing on its hind legs, reaching up towards the top shelf. On the right, a brown dog is standing on all fours, looking into the refrigerator. The refrigerator is open, revealing several green glass bottles on the top shelf and a white container on the middle shelf. The background is dark, and the lighting is focused on the dogs and the refrigerator.

Galatians 5:22-23

# Joseph (Genesis 39-46)

TESTS to our self-control are not CONVENIENT

LOGIC will fail because it leads to  
COMPROMISE

God is the only MOTIVATOR for self-control



# Jesus (Matthew 26:36-46)

Self-control is SACRIFICE

You can't always count on OTHERS

Self-control is based GOD'S WILL

# **What About You?**

**What motivates you?**

**What are sacrificing for God?**