



FRUIT OF THE SPIRIT



## Galatians 5:16–18

<sup>16</sup> But I say, walk by the Spirit, and you will not gratify the desires of the flesh. <sup>17</sup> 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. <sup>18</sup> But if you are led by the Spirit, you are not under the law.



## Galatians 5:19–21

<sup>19</sup> Now the works of the flesh are evident: sexual immorality, impurity, sensuality, <sup>20</sup> idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, <sup>21</sup> 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 5:22–24

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup> gentleness, **self-control**; against such things there is no law. <sup>24</sup> And those who belong to Christ Jesus have crucified the flesh with its passions and desires.



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## **The Definition of Self-Control**

To restrain one's thoughts, desires, emotions and will from sinful intent and involvement in order to bring them into alignment with God's will.



## The Purpose of Self-Control

A. Self-control is for the purpose of devotion to God's order for existence – God's people are to enter the spiritual gym to cultivate of the muscle of self-control to protect and reinforce our respect, devotion and submission to God and His will. (1 Timothy 4:7)



## The Purpose of Self-Control

B. Self-control is for the purpose of demonstrating the character of Jesus Christ - Spirit-enabled self-denial cultivates a life of restraint from evil in order to develop, maintain, and demonstrate Christ-like character. (2 Peter 1:5-7)



## The Purpose of Self-Control

C. Self-control is for the purpose of delving into a proper regard for others above oneself- “It is this proper subordination under God and proper regard for others above self that is at the heart of ethical behavior. Self-control enables us to function in that ethical behavior that guides us to have a proper regard for others above self.”  
(2 Peter 1:5-7)



## The Purpose of Self-Control

D. Self-control is for the purpose of disciplining self in order to receive eternal rewards from Jesus in the future to come—  
“The believer can and will say no to any wrong desires when he has said a bigger yes to Christ’s will for him.” (1 Corinthians 9:25)



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## The Picture of Self-Control

A. “One who is self-controlled does not let himself become a slave to whim, uncontrolled passions, the deceitfulness of riches, carnal lusts, or other evils.....”



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## The Picture of Self-Control

B. “One who is self-controlled puts himself under such control, that whatever good and profitable thing he must desire to do, that is the godly thing that he pursues by faith”.



## The Picture of Self-Control

C. “Self-control is the believer’s wall of defense against the sinful desires that wage war against his soul”.



## The Picture of Self-Control

D. “Self-control is not control by the natural self but the control of the natural self and often sinful self. Natural desires must be gratified only within scriptural boundaries, and sinful desires must be denied entirely”.



## The Pitfalls that Keeps Us From Self-Control

A. A central pitfall that keeps us from self-control is listening to the logic of our flesh above the wisdom of the Holy Spirit. (Galatians 5:16-17)



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## The Pitfalls that Keeps Us From Self-Control

B. A central pitfall that keeps us from self-control is living by the logic of our flesh on a regular basis above the wisdom of the Holy Spirit. (Galatians 5:19-21)



## The Pitfalls that Keeps Us From Self-Control

C. A central pitfall that keeps us from self-control is lusting after the things of this world above valuing the love of and the love for God. (1 John 2:15-17)



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## The Pitfalls that Keeps Us From Self-Control

D. A central pitfall that keeps us from self-control is living by the wisdom of this world above living by the wisdom of God. (James 3:13-16)



## The Practice of Self-Control

A. Surrender your devotion, your desires, and your direction of life to the Lordship of Jesus Christ.



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## The Practice of Self-Control

B. Study the Word of God on a regular basis in order to learn and embrace the proper order and priority of things in all aspects of life according to God.



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## The Practice of Self-Control

C. Through the Holy Spirit's enablement, cultivate in the discipline of detaching and detoxing from desires of the soul that are keeping you from aligning with guidelines and guardrails of God's standards.



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## The Practice of Self-Control

D. Through the Holy Spirit's enablement, cultivate in the discipline of adjusting your desires to align with the guidelines and guardrails of God's standards within the context of any situation and act or respond according to God's guidelines and guardrails.



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## Key Point

Self-control is a valuable virtue operating behind the scenes to sustain a healthy, holy life. It is foundational for a life of freedom from the bondage of sin and flourishing in the newness of life granted to us in Christ Jesus our Lord. Self-control is what allows a person to live a life that glorifies God and bless others. Whenever you resist to control yourself, you place yourself under the control of that person, place, product or pleasure you have given in to.



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