

Fruit of The Spirit: Self-Control
Becoming Christians who Act Like Christians

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.
Galatians 5:22-23

Self-Controlled with our Time:

Ephesians 5:15-16

Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil.

Galatians 5:24-26

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. ²⁶ Let us not become conceited, provoking one another, envying one another.

1 Timothy 4:8

for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.

James 4:8

Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded.

Hebrews 10:24-25

And let us consider how to stir up one another to love and good works, ²⁵ not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.

Revelation 2:2-5

I know your works, your toil and your patient endurance, and how you cannot bear with those who are evil, but have tested those who call themselves apostles and are not, and found them to be false. ³ I know you are enduring patiently and bearing up for my name's sake, and you have not grown weary. ⁴ But I have this against you, that you have abandoned the love you had at first. ⁵ Remember therefore from where you have fallen; repent, and do the works you did at first. If not, I will come to you and remove your lampstand from its place, unless you repent.

Self-Controlled with your Tongue:

James 1:26

If anyone thinks he is religious and does not bridle his tongue but deceives his heart, this person's religion is worthless.

James 3:10

From the same mouth come blessing and cursing. My brothers, these things ought not to be so.

James 4:11

Do not speak evil against one another brothers. The one who speaks against a brother or judges his brother, speaks evil against the law and judges the law.

James 1:19-20

Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; ²⁰ for the anger of man does not produce the righteousness of God.

Self-Controlled with my Temptations:

1 Peter 5:8-11

Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world. And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you. To him be the dominion forever and ever. Amen.

Luke 22:40

And when he came to the place, he said to them, "Pray that you may not enter into temptation"

1 Corinthians 10:13

No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

Application: Follow up questions.

- We spend time on what is important to us. Do you agree with that statement?
- It is not about spending every second of every day with your head in the Bible, it is about what you think on every second of every day? What do you find steals your time from thinking about godly things?
- From out of the heart the mouth speaks. Are you speaking godly things?
- In what way do you need to be more self-controlled with your tongue? (Language, gossip...)
- If you are comfortable share with your Grace Group what you find yourself tempted with most often.
- Ask for prayer from your Grace Group or a trusted friend that you would have godly wisdom to withstand temptation.

Action: Ask God to renew your mind and your heart, so your words and actions glorify Him.