

Fruit(Full) Pt. 10 Self-Control Lead Pastor Joshua Ray

Galatians 5:22-23 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, and **self-control** . . .

Fruitful = righteous virtues and actions produced in and through the life of a believer by the work of the Holy Spirit and the believer's cooperation.

Self-Control = _____ over my own desires

1 Corinthians 6:12 (ESV) "All things are lawful for me," but not all things are helpful. "All things are lawful for me," but I will not be dominated by anything.

Hebrews 12:1-2 ". . . let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, 2 fixing our eyes on Jesus, the pioneer and the perfecter of our faith . . .

Romans 6:1-7, 11-14 What shall we say then? Are we to continue in sin that grace may abound? 2 By no means! How can we who died to sin still live in it? 3 Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? 4 We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life. 5 For if we have been united with him in a death like his, we shall certainly be united with him in a resurrection like his. 6 We know that our old self was crucified with him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin. 7 For one who has died has been set free from sin. 11 So you also must consider yourselves dead to sin and alive to God in Christ Jesus. 12 Let not sin therefore reign in your mortal body, to make you obey its passions. 13 Do not present your members to sin as instruments for unrighteousness, but present yourselves to God as those who have been brought from death to life, and your members to God as instruments for righteousness. 14 For sin will have no dominion over you, since you are not under law but under grace.

Proverbs 25:28 (ESV) A man without self-control is like a city broken into and left without walls

Proverbs 16:32 (ESV) Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city

Genesis 4:7 . . . "Sin is crouching at the door, it desires to have you, but you must rule over it."

We have to _____ our desires or they will _____ us

Five keys to grow self-control

1. _____ of my life to Jesus

2. _____ **the finished work of Jesus on the cross**
Ephesians 2:8 For it is by grace you have been saved, through faith– and this is not from yourselves, it is the gift of God

3. **Renew** _____

4. _____ **when I sin**

5. **Repeat steps 1-4** _____

Manna News

21 Days of Prayer August 7-27
Join us each Sunday in August at 9:30am for a time of prayer. Bring the whole family!

Fall Small Group Cycle begins September 10th.
Sign up to lead a small group today! Visit capitalarea.manna.church/start-a-small-group

Baptism Sunday is August 20th. Sign up at capitalarea.manna.church/baptism-signup

Child Dedications are taking place August 27th. Sign up at capitalarea.manna.church/get-in-touch

Info Guide

Welcome

We're glad you're here! This Info Guide will help you learn how to get connected at Manna and share what is available to you at the service today. We hope you feel at home and enjoy your time with us.

What to Expect

During today's worship experience you can expect about a 65 minute service that will begin with approximately 20-25 minutes of worship, we will also have a brief time of announcements, followed by a 35-minute biblical and practical message delivered by our Pastor.

Connection Card

If you're a first-time guest, we would love for you to fill out a connection card. No one is planning to call you or come by your house—We just want to thank you for joining us today and let you know what is available to you here at Manna.

Free Gift

If it is your first time with us, we have a gift available for you in the lobby at the end of service— We simply want to give you a gift to thank you for being with us today!

NextStep

If you want to learn more about Manna Church, who God has called you to be, and how you can make a difference, NextStep is for you.

It is a 4-week small group that meets the first four Sundays of every month. Childcare is provided and you can learn the times and locations at the info center in the lobby. We would love for you to take this step!

Manna Kids

We promise a clean and safe environment where children can experience and enjoy the love of Jesus. The Nursery/Preschool experience is available for kids 6 weeks through 5 years, and the Elementary experience is for children in kindergarten through 5th grade. We would love to have your child join us!

Manna Students

Manna Students meets weekly, at Manna Capital, Sunday afternoons nights at 11:30am. We play games, fellowship, and grow together in our relationship with Jesus. Middle School and High School age both welcomed! Our current focus is on learning to hear the voice of God.

Small Groups

Life-change happens in the context of small groups. Get involved in one today! Visit our website for a list of small groups.

capitalarea.manna.church