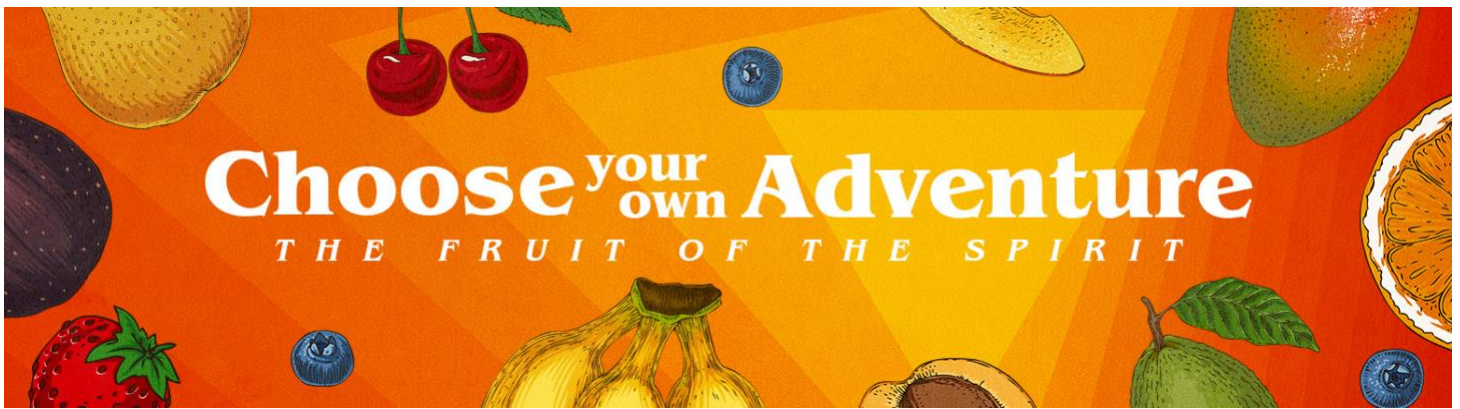




Bible study for the week starting September 13, 2026

SHARE

Where do you show self-control and where do you self-indulge?

- Food? Drink? Entertainment? Exercise? Sex? Technology? A Different Vice?

“A man (or woman) without **SELF-CONTROL** is like a city broken into and left without walls.”
Proverbs 25:28

How and in what way have you built up walls... and given yourself boundaries?

READ/STUDY/DISCUSS

1. Read **1 Corinthians 1:27** We know God chooses...but who does he choose? “Don’t think too highly of yourself... but also don’t think too little of what God can do through you.” How does this strike you?
2. Read **2 Peter 1:5-11** What keeps us ineffective and unfruitful? What are we encouraged to remember?
 - a Why is it important to supplement faith? (Not for salvation...but the abundant and growth filled life the Spirit offers)
 - b Why is self-control an important part of this list?
3. Read **Matthew 5:16-24** When people see fruit....or light....the point is to give who glory? God gets the glory for ALL the fruit...and who gets the blame when the fruit is rotten?
4. Read **Proverbs 3:5-13** As we trust in the Lord...what can we expect to receive? When was the last time you appreciated correction?

PRAY

Pray that God would build the fruit of the Spirit in our lives that others might see Jesus in you.



CHOOSE SELF-CONTROL

2 Peter 1:5-11; Matthew 5:16-24; Proverbs 3:5-13

September 13, 2026 – Pastor Ben Schrank

“But God chose what is **FOOLISH** in the world to shame the wise; God chose what is **WEAK** in the world to shame the strong;” 1 Cor 1:27

Cultivating a life filled with the Fruit of the Spirit requires **WATERING** and **PRUNING**.

“For this very reason, make every effort to **SUPPLEMENT** your faith with...”
2 Peter 1:5-7

- 1) Self-Control is not just something that someone **ELSE** needs.
- 2) Self-Control is not the **ONLY** Fruit of the Spirit you are supposed to manufacture.
- 3) Self-Control is not about more **WILLPOWER** or won't power.

“A man without **SELF-CONTROL** is like a city broken into and left without walls.”
Proverbs 25:28

- 1) Self-Control is best found **OUTSIDE** of oneself.
- 2) Self-Control is more about Jesus than it is about **SELF**.
- 3) Self-Control is accomplished in yourself but not **BY** yourself.

“For if these qualities are yours and are **INCREASING**, they will keep you from being ineffective or **UNFRUITFUL**.”
2 Peter 1:8

A Fruit-filled life is possible, gradual, and needs to be **INTENTIONAL**.

“Let your light shine before others, so that they may see your **GOOD WORKS** and give glory to your Father who is in heaven.” Matt. 5:16

For Next Week read Nehemiah 1