

Character Matters: Nine Virtues of Those Who Belong to Jesus

Self-Control: Saying No to Myself and Yes to Jesus

Galatians 5:23
The Lord's Day Morning
July 28, 2019

The Nine Virtues That are the Fruit of the Spirit

1. **Love:** Choosing to make sacrifices in order to say and do that which serves the ultimate best interest of another person.
2. **Joy:** Contemplating the over-arching circumstance of God's love for me, trusting in his promises, and seeking my happiness in the happiness of others.
3. **Peace:** Guarding my internal calm by total surrender to God's will for me in every area of life and doing all I can to be reconciled to other people.
4. **Patience:** Staying calm when others do not do what I want them to do, so that I take Biblically informed action in their best interest.
5. **Kindness:** Being ready to help anyone, mindful that everyone is fragile and that God is always ready to help me.
6. **Goodness:** Giving generously and wisely to others that which I have been given by God.
7. **Faithfulness:** Telling the truth and keeping my promises, so that I become a person people can rely on.
8. **Gentleness:** Using the power God gives me to strongly and humbly serve others, in order to help them know, love, obey, and exalt Jesus Christ.
9. **Self-Control:** Saying "No" to my desires for that which is outside of God's will for me, for the glory of God and the good of all people.

What Are Two Main Areas That Need Self-Control?

1. Control your _____.
2. Control your _____.

How to Pursue Self-Control

1. Avoid _____ circumstances that stir up your desires.
2. _____ the world to think you are _____
3. _____ with self-controlled people who help you practice self-control.