



bearfruit

PATIENCE AND SELF CONTROL

MAY 14TH, 2023
GLEN BARNES

“ But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!”

~ GALATIANS 5:22-23 (NLT)

Patience:

“ Love is patient...” ~ 1 CORINTHIANS 13:4a (NIV)

Patience in the New Testament:
Makro Thumia: _____

“ And he passed in front of Moses, proclaiming, ‘The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness,’”

~ EXODUS 34:6 (NIV)

“ Better a **patient** person than a warrior, one with **self-control** than one who takes a city.”

~ PROVERBS 16:32 (NIV)

Self Control:

“ Like a city whose walls are broken through is a person who lacks self-control.”

~ PROVERBS 25:28 (NIV)

“ Make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control;”

~ 2 PETER 1:5-6a (NIV)

“ For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. ¹⁹ For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. ²⁰ Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it. ²¹ So I find this law at work: Although I want to do good, evil is right there with me.”

~ ROMANS 7:18-21 (NIV)

“ Self Control is the toughest weed that grows in the garden of our life.” ~ Alister Begg

The most common suggestion to develop patience and self control: _____

What the Bible Actually Says About Growing in Patience and Self Control – Galatians 5:16-25 (In context)

“ So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature (flesh) craves.”

~ GALATIANS 5:16 (NLT)

The key is not

_____ but _____.

“ The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions. ¹⁸ But when you are directed by the Spirit, you are not under obligation to the law of Moses.”

~ GALATIANS 5:17-18 (NLT)

Verse 17:

The problem of our flesh: The Doctrine of _____ or _____.

Verse 18:

Most religions try to deal with the sinful nature through _____.

(See Romans 3:23, Jeremiah 17:9)

How to Walk By The Spirit

1 Take an Honest _____.

“When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, ²⁰ idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, ²¹ envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God.”

~ GALATIANS 5:19-21 (NLT)

Four Categories Of Our Sinful Nature:

_____ . _____ . _____ . _____ .

2 Believe that _____.

“But the Holy Spirit produces...”

~ GALATIANS 5:22a (NLT)

3 Refocus on _____.

“Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there. ²⁵ Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives.”

~ GALATIANS 5:24-25 (NLT)

“Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.”

~ ROMANS 8:5 (NIV)

“Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. ² Set your minds on things above, not on earthly things.”

~ COLOSSIANS 3:1-2 (NIV)

discussion questions:

COMMUNITY GROUP VIDEOS available on the APP |    

- 1 - Review the Fruit of the Spirit. Which is the most challenging for you to put into practice? Which is the easiest?
- 2 - Pastor Glen said the person who gives you the most difficulty in following Christ is not someone else but myself. Do you agree or disagree? Why or why not?
- 3 - Read Proverbs 16:32 and 25:28. How would you summarize these proverbs?
- 4 - Do you agree with the statement that the most common teaching to develop Self Control is to simply try harder? How does that usually work?
- 5 - What is the difference between will power and God's power when it comes to things like patience and self control?
- 6 - Read Galatians 5:16-25. What are some of the most important teachings in these verses?
- 7 - Think back over the last five weeks studying the Fruits of the Spirit. What are some of your biggest revelations or take aways?

GET CONNECTED
at FIRST:



ONLINE at
fbclodi.org



The APP  
Search "FBC Lodi"



EMAIL
Weekly Email

267 N. MILLS AVE
209.334.1332

First
RESTORING LIFE