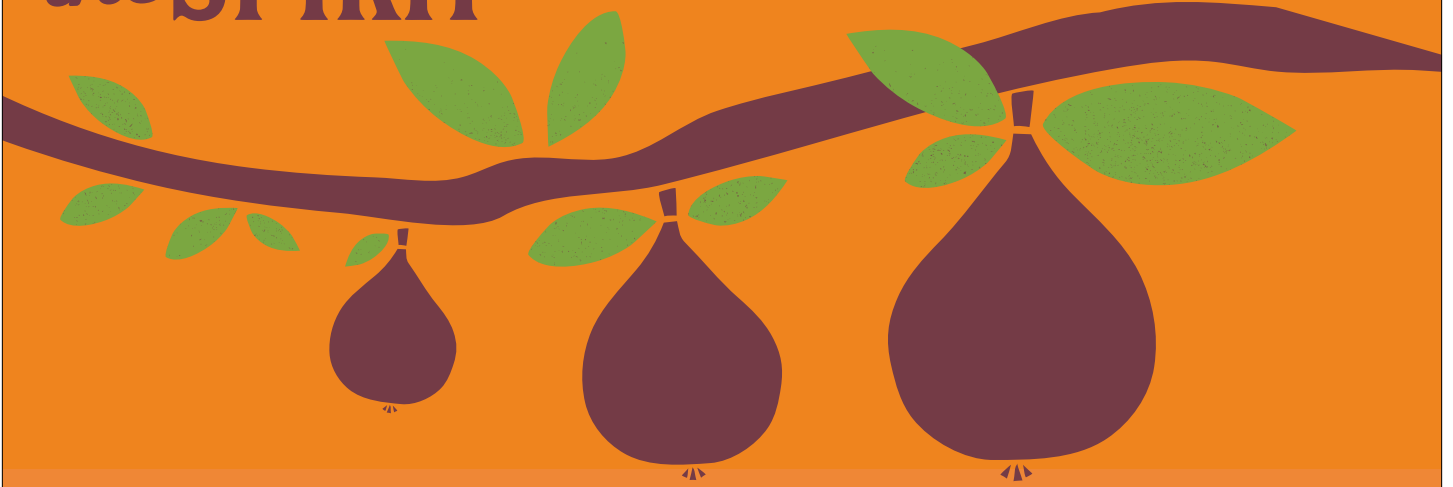


FRUIT *of*
the **SPIRIT**



ROMANS 7

18 I know there is nothing good in my desires controlled by sin. I want to do what is good, but I can't. 19 I don't do the good things I want to do. I keep on doing the evil things I don't want to do. 20 I do what I don't want to do. But I am not really the one who is doing it. It is sin living in me that does it.

ROMANS 7

21 Here is the law I find working in me. When I want to do good, evil is right there with me. 22 Deep inside me I find joy in God's law. 23 But I see another law working in me. It fights against the law of my mind. It makes me a prisoner of the law of sin. That law controls me.

ROMANS 7

24 What a terrible failure I am! Who will save me from this sin that brings death to my body?

25 I give thanks to God who saves me. He saves me through Jesus Christ our Lord.

So in my mind I am a slave to God's law. But sin controls my desires. So I am a slave to the law of sin.

The fruit of the Spirit is
LOVE, JOY, PEACE,
PATIENCE, KINDNESS,
GOODNESS, FAITHFULNESS,
GENTLENESS & SELF-CONTROL.



GALATIANS 5:22-23



SELF CONTROL

Releasing our grip on the fleshly desires, choosing instead to be controlled by the Holy Spirit.

GALATIANS 5:16–17

16 So I say, live by the Holy Spirit's power. Then you will not do what your desires controlled by sin want you to do.

SELF CONTROL

Releasing our grip on the fleshly desires, choosing instead to be controlled by the Holy Spirit.

GALATIANS 5:16–17

17 The desires controlled by sin do not want what the Spirit delights in. And the Spirit does not want what the desires controlled by sin delight in.

SELF CONTROL

Releasing our grip on the fleshly desires, choosing instead to be controlled by the Holy Spirit.

GALATIANS 5:16–17

The two are at war with each other. That's why you are not supposed to do whatever you want.

SELF CONTROL

-Choosing the important thing over the urgent.

★ -Choosing what you should do over what you want to do.

-Not simply a driven and impulsive person.

-Not willpower (born out of pride).

SELF CONTROL

Releasing our grip on the fleshly desires, choosing instead to be controlled by the Holy Spirit.

4 AREAS WE NEED SELF CONTROL

1. With our Body
2. With our _____
3. With our _____

LUKE 9:23

Then he said to all of them, “Whoever wants to follow me must say no to themselves. They must pick up their cross every day and follow me.

EPHESIANS 4:22

You were taught not to live the way you used to. You must get rid of your old way of life. That's because it has been made impure by the desire for things that lead you astray.

1 CORINTHIANS 9:27

No, I train my body and bring it under control. Then after I have preached to others, I myself will not break the rules. If I did break them, I would fail to win the prize.

1 TIMOTHY 6:17

... (God) richly provides us with everything to enjoy.

1 CORINTHIANS 6:12

Some of you say, “I have the right to do anything.” But not everything is helpful. Again some of you say, “I have the right to do anything.” But I will not be controlled by anything.

1 CORINTHIANS 10:31

So eat and drink and do everything else for the glory of God.

4 AREAS WE NEED SELF CONTROL

1. With our Body
2. With our Thoughts
3. With our _____

MATTHEW 12:34

.... Your mouths say everything that is in your hearts.

ROMANS 8:5

So don't live under the control of sin. If you do, you will think about what sin wants. Live under the control of the Holy Spirit. If you do, you will think about what the Spirit wants.

2 CORINTHIANS 10:5

I keep every thought under control in order to make it obey Christ.

PHILIPPIANS 4:8

Finally, my brothers and sisters, always think about what is true. Think about what is noble, right and pure. Think about what is lovely and worthy of respect. If anything is excellent or worthy of praise, think about those kinds of things.

PSALM 139:2, 4

2 You know when I sit down and when I get up. You know what I'm thinking even though you are far away.

4 Lord, even before I speak a word, you know all about it.

PSALM 19:14

Lord, may these words of my mouth please you.

And may these thoughts of my heart please you also.

You are my Rock and my Redeemer.

4 AREAS WE NEED SELF CONTROL

1. With our Body
2. With our Thoughts
3. With our Affections

GALATIANS 5:19–20

19 The result of sin's control in our lives is clear. It also includes hatred and fighting, jealousy and fits of anger. Sinful desire is interested only in getting ahead. It stirs up trouble. It separates people into their own little groups.

PROVERBS 16:32

It is better to be patient than to fight.

It is better to control your temper than to take a city.

EPHESIANS 4:31–32

31 Get rid of all hard feelings, anger and rage. Stop all fighting and lying. Don't have anything to do with any kind of hatred.

32 Be kind and tender to one another. Forgive one another, just as God forgave you because of what Christ has done.

4 AREAS WE NEED SELF CONTROL

1. With our Body
2. With our Thoughts
3. With our Affections

ROMANS 12:1–3

1 Brothers and sisters, God has shown you his mercy. So I am asking you to **offer up your bodies to him while you are still alive.** Your bodies are a holy sacrifice that is pleasing to God. When you offer your bodies to God, you are **worshiping him in the right way.**

ROMANS 12:1–3

2 Don't live the way this world lives. **Let your way of thinking be completely changed.** Then you will be able to test what God wants for you. And you will agree that what he wants is right. His plan is good and pleasing and perfect.

ROMANS 12:1–3

3 God's grace has been given to me. So here is what I say to every one of you. Don't think of yourself more highly than you should. **Be reasonable when you think about yourself.** Keep in mind the faith God has given to each of you.

FRUITFUL REFLECTION

- 1) What area of your life needs less of your control and more of the Holy Spirit?
- 2) What needs most growth- what you do with your body? your thoughts? your affections?
- 3) What has been your biggest encouragement from studying the Fruit of the Spirit?

