

The Fruit of the Spirit

Part IX; August 2, 2026

But the Holy Spirit produces this kind of fruit in our lives: **SELF-CONTROL**. – Galatians 5:22-23 (NLT)

How's your self-control level?

Over your tongue

(Weak) 1 2 3 4 5 (Strong)

Over your anger

(Weak) 1 2 3 4 5 (Strong)

Over your attitude

(Weak) 1 2 3 4 5 (Strong)

Over your spending

(Weak) 1 2 3 4 5 (Strong)

Over your addiction

(Weak) 1 2 3 4 5 (Strong)

An evil man is held captive by his own sins; they are ropes that catch and hold him. **He will die for lack of self-control; he will be lost because of his great foolishness.** – Proverbs 5:22-23 (NLT)

Understand how self-control _____.

A person without self-control is like a city with broken-down walls. – Proverbs 25:28 (NLT)

Self-control protects your _____

Self-control protects _____

Self-control protects your _____

Invite some _____ into your life.

Wounds from a sincere friend are better than many kisses from an enemy. – Proverbs 27:6 (NLT)

Surrender that area of control to God _____.

Then he said to them all: “Whoever wants to be my disciple must deny themselves **and take up their cross daily and follow me.** – Luke 9:23 (NIV)

For Personal/Family Reflection:

In what area of your life do you feel God would want you to exercise more self-control?

How did Jesus demonstrate self-control? (temptation, the cross, and people wanting Him to be king)

Who can be a “guardian” to help/encourage you?

Commit to praying daily for self-control this week.