

# *Galatians 5:22-23*

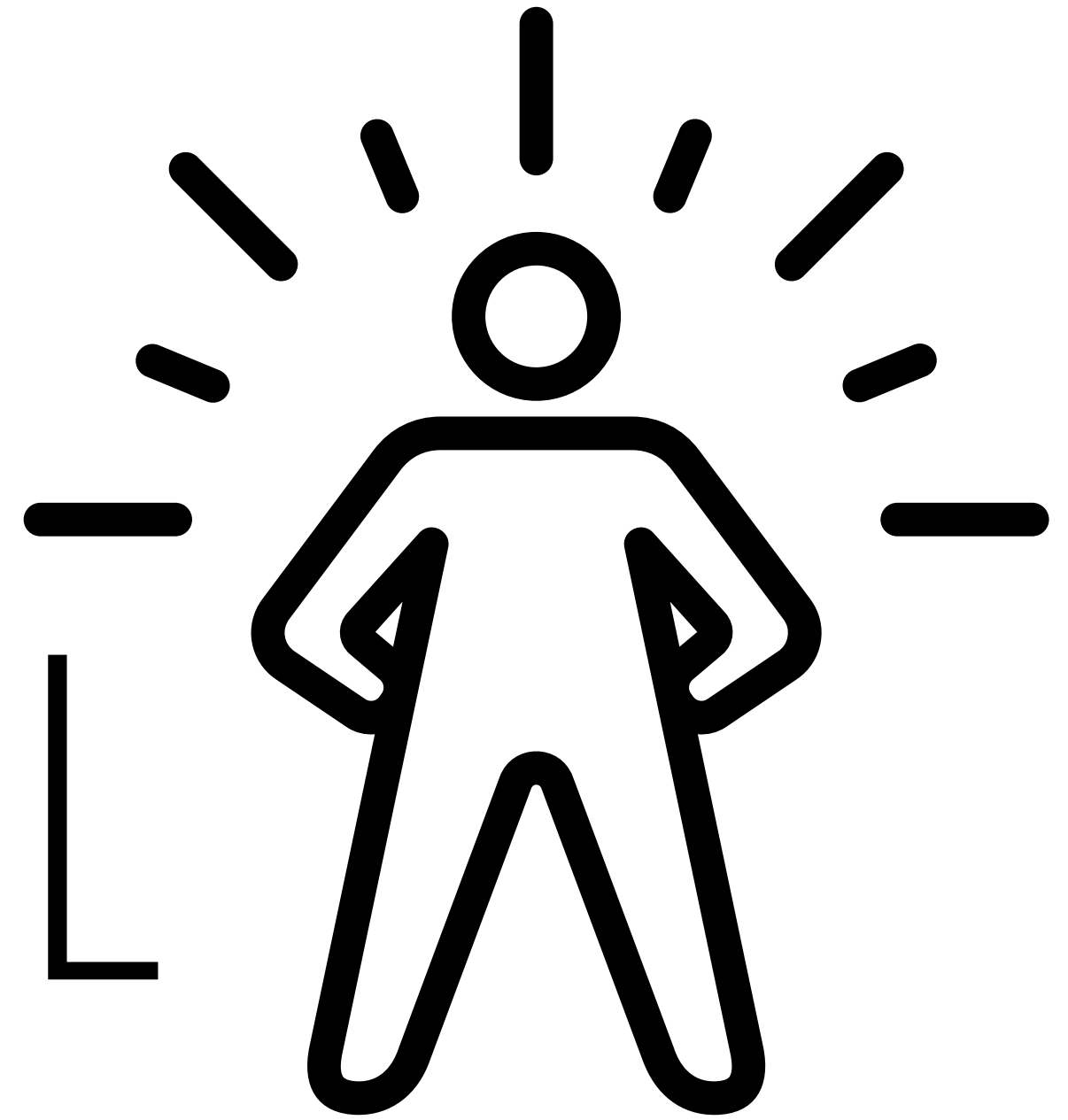
“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and **self-control**. Against such things there is no law.”



# Cultivate

A SERMON SERIES ON THE FRUIT OF THE SPIRIT

# *Cultivate* SELF CONTROL



A SERMON SERIES ON THE FRUIT OF THE SPIRIT  
WEEK 10

It protects **love** from  
becoming self-  
centered.



It keeps joy grounded,  
so that it's not reckless.

It allows **peace** to  
remain steady when  
emotions rise.

It sustains **patience**  
when waiting feels  
unbearable.

It gives kindness the  
space to breathe  
before anger takes  
over.

It strengthens  
**goodness**— enabling us  
to choose righteousness  
when temptation comes.

It keeps **faithfulness**  
steady in the face of  
discouragement.

It makes gentleness  
possible, because true  
gentleness is strength  
under control.



BIBLICAL

Examples



# Joseph

## Genesis 39





# *Hannah*

**1 Samuel 1:6-7**



# David

## 1 Samuel 24





# *Abigail*

## 1 Samuel 25





*Daniel*

**Daniel 6**





# Mary

## Luke 1





# *Nehemiah*

## Nehemiah 5





Jesus





# *John the Baptist*

**His entire life was a  
proclamation of  
self-control rooted  
in devotion.**

Self-control becomes a  
quiet ministry. It is the  
behind-the-scenes work  
that allows love to shine  
publicly.





# Advent

WAITING-WATCHING-PREPARING



John's cry in the wilderness was,  
“Prepare the way of the Lord!”.

**That is OUR cry also**



# Reflection

- Which aspect of the Fruit of the Spirit has God been most growing in you during this season?
- In what areas of your life is God inviting you to practice Spirit-led self-control?