

# All In with Jordan Easley

## Self-Control

*Fruit Of The Spirit | Week 5 | Galatians 5*

### INTRODUCTION

If we fail to use the tools God’s given us (the fruit of the Spirit... love, joy, peace, patience, kindness, goodness, gentleness, faithfulness, and self-control), then we become blinded to our purpose and our potential as believers. If we live without utilizing God’s power and God’s fruit, we are basically living like unbelievers—people who are “short-sighted,” which means “to be preoccupied with the short-term” and not living with an eternal perspective. Living a fruitful life happens when we supplement our faith with God’s gifts, and one of those gifts is self-control. We are able to exercise this gift because of the Holy Spirit living within us. Today, we’re going to look at how our lives are affected and how our lives can change for the better when we live out the fruit of self-control.

### NOTES

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### KEY POINTS

#### God expects us to exhibit self-control in the...

- Spiritual—discernment
- Physical—appetites
- Mental—thoughts & how we process information
- Emotional—feelings, actions, and forgiveness
- Social—relationships, family responsibilities, church
- Financial—work, money management, spending, giving
- Practical—civil service, voting, serving

#### What are the areas of your life where you need to develop self-control?

- Anger (Ephesians 4:26)
- Speech (Ephesians 4:29)
- Thoughts (2 Corinthians 10:5)

#### 5 ways to grow in self-control:

1. Submission
2. Sanctification
3. Sacrifice
4. Serve
5. Surrender

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### QUESTIONS TO CONSIDER

1. When was a time you did not exercise self-control when you wish you would have? What did you learn from that situation?
2. In which of the three areas of your life mentioned above (anger, speech, thoughts) do you need to develop more self-control?
3. What is one practical step you can take this week to practice self-control?

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