

A pair of hands is shown from a top-down perspective, gently cupping a large bunch of dark purple grapes. The grapes are the central focus, with their individual berries clearly visible. The hands are positioned on either side of the bunch, with fingers slightly curled to support the weight. The background is softly blurred, showing hints of a wooden surface and a bowl, suggesting a rustic or farm-to-table setting. The overall lighting is warm and natural, highlighting the texture of the grapes and the skin of the hands.

THE Fruit OF THE Spirit

Galatians 5:22-23

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

Self-Control

THE FRUIT OF THE SPIRIT

Galatians 5:19-21 NIV

The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

1 John 1:5

This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all.

What is Self-Control?

Self-Control is the Holy Spirit empowering you to restrain impulses, manage emotions, and align your actions with God's will rather than fleshly desires, avoiding sin.

THERE IS POWER IN SELF-CONTROL

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- **Mercy = After Sin**
- **Grace = Before Sin (Power Over Temptation)**



II Corinthians 5:17

Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

YOU HAVE TO CHOOSE SELF-CONTROL

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As we yield our lives more and more to God, we get more sensitive to the Holy Spirit's promptings, and when obedient, we see the fruit of Self-Control empower us to make the choice that is beneficial for everyone.

Galatians 5:25 NIV

Since we live by the Spirit, let us keep in step with the Spirit.

Step = Stoicheo (stoy-KHAY'-oh) = to march in rank, to keep in step.

Ephesians 6:12 NIV

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

**THE FRUIT OF THE SPIRIT WORKS
TOGETHER**

Galatians 5:22-23

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

Against = Kata (Greek) "kah-TAH" = about, concerning, dealing.

WORKS TOGETHER

1. CHANGES YOU

- People won't do these things because the law demands them to.
- People will only do these things because of who they are.

WORKS TOGETHER

The way of living flows from the person you are becoming, the person you are becoming flows from the “Person” who lives within you.

WORKS TOGETHER

1. CHANGES YOU
2. BECOMES YOUR CHARACTER
3. STRENGTHENS YOU

The Lausanne Movement

“We love the Holy Spirit. He is the missionary Spirit sent by the missionary Father and the missionary Son, breathing life and power into God’s missionary Church. We love and pray for the presence of the Holy Spirit, because without the witness of the Spirit, our own witness is futile. Without the convicting work of the Spirit, our preaching is in vain. Without the gifts, guidance, and power of the Spirit, our mission is mere human effort. And without the fruit of the Spirit, our unattractive lives cannot reflect the beauty of the Gospel.”



THE Fruit OF THE Spirit