



Self-control

The Fruit of the Spirit

Gal. 5:22-23a; 5:16-24



The
FRUIT OF THE SPIRIT

GALATIANS 5:22-23

“But the fruit of the Spirit is love,
joy, peace, patience, kindness,
goodness, faithfulness,
gentleness and self-control...”

(Galatians 5:22,23a, NIV)

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DANIEL, WHAT'S WRONG?

A young child with dark, curly hair is standing on a light-colored path or sidewalk. The child is wearing a light blue, long-sleeved button-down shirt. They are looking off to the side with a neutral expression. The background consists of green grass and some dry, yellowish patches. The text "NO! MAD!" is overlaid at the bottom of the image.

NO! MAD!

A young boy with dark hair, wearing a blue button-down shirt, is looking down with a sad or angry expression. He is standing on a light-colored path next to a green bush. The image is framed by a black border.

DANIEL, WHY ARE YOU MAD?



1... 2... 3... 4...

A young child with dark skin and curly hair is shown from the chest up. They are wearing a light blue denim button-down shirt. The child's expression is one of sadness or worry, with their mouth slightly downturned and their eyes looking upwards and to the left. The background is a soft-focus outdoor scene with green grass and a light-colored path. The overall lighting is natural and slightly dim.

I ALL BETTER.

A young child with dark, curly hair is walking towards the camera on a sandy surface. The child is wearing a light blue denim button-down shirt and white pants. The background is a bright, sandy area with some shadows. The text "I'M ALL BETTER NOW." is overlaid at the bottom of the image in white, bold, sans-serif font.

I'M ALL BETTER NOW.

Resolutions

Exercise more

Lose weight

Quit smoking

Stop procrastinating

Get off my iPhone

Resolutions

Self-control

There is no topic on
which the Bible is more
misunderstood than
Self-control

What the Bible
actually says about
Self-control

“But the fruit of the Spirit is love,
joy, peace, patience, kindness,
goodness, faithfulness,
gentleness and self-control...”

(Galatians 5:22,23a, NIV)

Galatians 5:16-24

“But I say, walk by the Spirit, and
you will not gratify the desires
of the sinful nature.”

(Galatians 5:16, NIV)

“But I say, walk by **the Spirit**, and
you will not gratify the desires
of the sinful nature.”

(Galatians 5:16, NIV)

THE PROBLEM OF SELF-CONTROL

“The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires.”

(Galatians 5:17a, NLT)

“These two forces are constantly fighting each other, so you are not free to carry out your good intentions.”

(Galatians 5:17b, NLT)

“I want to do what is good, but I don’t. I don’t want to do what is wrong, but I do it anyway.”

(Romans 7:19, NIV)

“I love God’s law with all my heart. But there is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me..”

(Romans 7:22,23, NIV)

“But if you are led by the
Spirit, you are not under the law.”

(Galatians 5:18, NIV)

“But if you are led by the
Spirit, you are not under the **law**.”

(Galatians 5:18, NIV)



ITALY

GREECE

TURKEY

GALATIANS





ITALY

GREECE

TURKEY

GALATIANS
NEW BELIEVERS



ITALY

GREECE

TURKEY

GALATIANS
NEW BELIEVERS
“FULL OF JOY”

ITALY

GREECE

TURKEY

GALATIANS

FALSE TEACHERS:





GALATIANS

FALSE TEACHERS:

“RELIGIOUS LAW
IS THE KEY TO
GROWTH!”



ITALY

GREECE

TURKEY

GALATIANS

RESULT:
NO MORE JOY

GALATIANS

RESULT:
NO MORE JOY
PAUL WRITES:
“LAW IS NOT THE
ANSWER!”

THE WAY OF THE LAW

SELFISHNESS



THE WAY OF THE LAW

SELFISHNESS



SUFFERING

THE WAY OF THE LAW

SELFISHNESS



SUFFERING

SOLUTION: SYSTEM

THE WAY OF THE LAW

SELFISHNESS

SELF-FOCUS

SUFFERING



SOLUTION: SYSTEM

THE WAY OF THE LAW

SELFISHNESS

SELF-FOCUS

SUFFERING



SOLUTION: SYSTEM

THE WAY OF THE SPIRIT



THE WAY OF THE SPIRIT

SELFISHNESS



THE WAY OF THE SPIRIT

SELFISHNESS



SUFFERING

THE WAY OF THE SPIRIT

SELFISHNESS



SUFFERING

SOLUTION: SAVIOR

THE WAY OF THE SPIRIT

SELFISHNESS

**SAVIOR-
FOCUSED**

SUFFERING

SOLUTION: SAVIOR



THE WAY OF THE SPIRIT

SELF-FORGETFULNESS

**SAVIOR-
FOCUSED**

**RELIEVES
SUFFERING**



SOLUTION: SAVIOR

Paul is saying:

Don't let anyone tell you
rules are the key.

“What does that look like
in our everyday lives?”

Next Week:

Next Week:

THE PRACTICE OF SELF-CONTROL



Self-control

The Fruit of the Spirit

Gal. 5:22-23a; 5:16-24