



Self-control

p2

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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goodness, faithfulness,
gentleness and **self-control**...”

(Galatians 5:22,23a, NIV)

THE PRACTICE OF SELF-CONTROL

**1. Take honest
self-inventory**

“When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, idolatry, sorcery...”

(Galatians 5:19-20a, NIV)

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“...hostility, quarreling, jealousy,
outbursts of anger, selfish
ambition, dissension, division,
envy, drunkenness, wild parties,
and other sins like these.”

(Galatians 5:21b-22a, NIV)

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Be self-aware
not self-obsessed

**2. Believe God
can help you**

“But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. There is no law against these things!”

(Galatians 5:22b-23, NIV)

“But **the Holy Spirit produces** this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. There is no law against these things!”

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(Galatians 5:22b-23, NIV)

**3. Refocus on
something better**

The key to self-control

Not primarily **resist** or
regret; it's **refocus**

Move on from the dead past

“Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there.”

(Galatians 5:24, NIV)

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(Galatians 5:24, NIV)

Move on from the dead past
Walk with the living Spirit

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

(Galatians 5:25, NIV)

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

(Galatians 5:25) daily, continual

Paul does not give a
checklist...

Paul does not give a
checklist...

..because the checklist
would become another form
of legalism

It's a mindset.

“Let us **fix our eyes** on Jesus...”

(Hebrews 12:2a, NIV)

“Those who live according to the sinful nature have their **minds set** on what that nature desires; but those who live in accordance with the Spirit have their **minds set** on what the Spirit desires.”

(Romans 8:5, NIV)

Why do you keep on following the rules of the world, such as, “Don’t handle! Don’t taste! Don’t touch!”? Such rules are mere human teachings based on things that deteriorate as we use them.”

(Colossians 2:20b-22a, NIV)

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(Colossians 2:20b-22a, NIV)

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(Colossians 2:23, NIV)

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(Colossians 2:23, NIV)

Since you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things.

(Colossians 3:1-2, NIV)

Since you have been raised with Christ, **set your hearts on things above**, where Christ is, seated at the right hand of God. **Set your minds on things above**, not on earthly things.

(Colossians 3:1-2, NIV)

Bottom Line

Self-control
is less about **self-denial**
than **self-forgetfulness**

Turn your eyes upon Jesus,
Look full in His wonderful face,
And the things of earth will grow
strangely dim,
In the light of His glory and grace.

—*Helen Howarth Lemmel (1922)*

Turn Your Eyes upon Jesus



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