

Fruitful Summer Devotion

Week 10- Self-Control

Day 1: Self-Control Is a Fruit, Not a Formula

Scripture: *Galatians 5:22–25*

“But the fruit of the Spirit is... self-control... If we live by the Spirit, let us also keep in step with the Spirit.”

Self-control is not produced by moral resolve alone, but by spiritual renewal. It’s not the result of grit—it’s the result of grace. This fruit grows as we abide in the Spirit, not as we focus harder on our failures. The question is not, “How strong is my willpower?” but “How close am I walking with the Spirit?”

Application Questions:

1. In what area of life am I most tempted to try harder instead of trusting deeper?
 2. What practice could help me walk more intentionally with the Spirit this week?
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Day 2: Denying the Self by Delighting in Christ

Scripture: *Luke 9:23–24*

“If anyone would come after me, let him deny himself and take up his cross daily and follow me.”

Self-control is not mere self-denial for its own sake. Jesus calls us to deny ourselves—not to empty life of joy, but to find our truest joy in Him. The call to self-control is the call to a better life, not a lesser one. The more we delight in Christ, the more power we gain over lesser desires.

Application Questions:

1. What desire or behavior competes with my daily devotion to Jesus?
2. How can I practice denying myself in order to delight more fully in Christ?

Day 3: The Root of Self-Control Is a Reordered Love

Scripture: *1 Corinthians 6:12–20*

“I will not be mastered by anything... You are not your own; you were bought at a price.”

Paul does not shame the Corinthians into obedience—he reminds them of their identity. True self-control flows from knowing whose you are. You’ve been bought with a price. You are no longer your own. This transforms how you view your body, your time, and your desires. The gospel doesn’t suppress your desires—it reorders them.

Application Questions:

1. Is there anything in my life right now that is mastering me instead of serving me?
 2. How does remembering that I was bought by Christ change my choices today?
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Day 4: Victory Over Impulse Through a Renewed Mind

Scripture: *Romans 12:1–2*

“Be transformed by the renewal of your mind...”

Self-control demands a change in the mind. Transformation is not behavioral manipulation, but the renewal of how we think—how we see God, ourselves, others, and what is good. The more our minds are reshaped by the Word of God, the more our instincts and habits align with the will of God.

Application Questions:

1. What thought patterns need to be challenged or reshaped by God’s truth?
2. How can I make space to renew my mind in Scripture this week?

Day 5: Fasting the Heart—Learning to Say No

Scripture: *Titus 2:11–12*

“For the grace of God... trains us to renounce ungodliness and worldly passions...”

Grace is not just pardon; it’s power. It doesn’t just forgive us when we fall short—it trains us to live differently. God’s grace is our teacher, not our excuse. The more we taste the kindness of the Lord, the more we lose our appetite for lesser things. The Spirit disciplines us not to punish, but to form Christ in us.

Application Questions:

1. What worldly passions do I need to begin renouncing—not out of guilt, but grace?
 2. How is God’s grace inviting me into greater spiritual maturity?
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Day 6: Power Over the Tongue

Scripture: *James 3:2–10*

“No human being can tame the tongue. It is a restless evil...”

James reminds us that we all stumble in what we say, but that our words are windows into our hearts. Self-control over the tongue isn’t just about restraint—it’s about heart renewal. The more we are captivated by the beauty of Christ, the less room there is for bitterness, boasting, or impulsive speech.

Application Questions:

1. When am I most tempted to speak in a way that dishonors God or others?
2. What would it look like to surrender my words to the Spirit today?

Day 7: Training for Eternity

Scripture: *1 Corinthians 9:24–27*

“I discipline my body and keep it under control... lest after preaching to others I myself should be disqualified.”

Paul speaks of training like an athlete—not for temporary glory, but for eternal reward. Self-control is about aiming your whole life toward what matters most. It’s not about perfection, but about direction. A life centered on eternity helps us say no to today’s distractions for the sake of tomorrow’s glory.

Application Questions:

1. What temporary desire am I tempted to prioritize over eternal purpose?
2. How can I live today in light of the crown that will last forever?