

Just Say Yes-Living a Spirit Controlled Life (Part 9)

Fruit: It Does the Body Good -Series

August 23, 2026

But the fruit of the Spirit is love, joy, peace...self-control. Against such things there is no law. – Galatians 5:22-23

Like a city whose walls are broken down is a man who lacks self-control – Proverbs 25:28

Above all else, guard your heart, for it is the wellspring of life. – Proverbs 4:23

A Self-control Inventory

- Uncontrolled lust. For the prostitute reduces you to a loaf of bread, and the adulteress preys upon your very life. Proverbs 6:26

- Uncontrolled spending.

In the house of the wise are stores of choice food and oil, but a foolish man devours all he has. Proverbs 21:20

- Uncontrolled ambition.

Do not wear yourself out to get rich; have the wisdom to show restraint. Proverbs 23:4

- Uncontrolled drinking.

Who has woe? Who has sorrow? Who has strife? Who has complaints? Who has needless bruises? Who has bloodshot eyes? Those who linger over wine, who go to sample bowls of mixed wine. Proverbs 23:29-30

- Uncontrolled anger. A fool gives full vent to his anger, but a wise man keeps himself under control. Proverbs 29:11

For the grace of God that brings salvation has appeared to all men. It teaches us to say 'No' to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, while we wait for the blessed hope-the glorious appearing of our great God and Savior, Jesus Christ, who gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good. – Titus 2:11-14

- Admit you have a problem with self-control.
- Yield to the lordship of Christ.

So I say, live by the Spirit, and you will not gratify the desires of the sinful nature. For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. Galatians 5:16-17

- Cultivate the disciplines of Bible reading and prayer
- Invest in spiritual friendships.
- Curtail bad influences
- Practice good habits
- Welcome gracious correction