

The Fruit of the Spirit: Self-Control

Series: *Christ's Life Revealed in Us*

– Gal. 5:22-25 –

1. What It's Not

Self-control is not [SELF-HELP or SELF-IMPROVEMENT](#)

"I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out." – Romans 7:18

2. What It Is

Self-control is [PARTICIPATING WITH GOD'S INITIATIVE](#)

"Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives." – Galatians 5:25 NLT

ACTION STEPS:

1. Be [Honest About Your Weaknesses](#)
2. Renew [Your Mind Through God's Word](#)
3. Invest [in Spiritual Friendships](#)
4. Exercise [Your Self-Control Muscle](#)
5. Draw [Near to God](#)

Application Questions. . .

1. What part of the text or message had the greatest impact on you? Where were you most encouraged, intrigued, or challenged?
2. In what area of your life is the spirit willing but the flesh weak: Diet? Work habits? Spiritual disciplines? Other?
3. Do you think our culture values self-control? Explain
4. What is the relationship between self-control and the fact that we have been called to be free (Galatians 5:1, 13; Proverbs 25:28)?
5. How would you describe the difference between Spirit empowered self-control and our own human self-denial?
6. Which of the five 'Action Steps' has been the most helpful in working toward better self-control?
7. Which of the five do you *most* need to become more intentional about pursuing? Explain
8. Of all that you've seen and learned in this series on the fruit of the Spirit, what one truth are you most *thankful* for, because of its personal significance to you?

