

The fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. (Gal 5:22-23)

I. Review, Reminder & Caution

1. The fruit of the Holy Spirit is not something that is 'put on' from the outside or accomplished solely by self effort – it is the result of our 'abiding' relationship (John 15:14) in Christ and producing of His life and character in and thru us.
2. Believers participate in the transformation process of 'becoming more like Christ' by desiring and submitting to God's will in our lives – saying 'yes' to God and 'no' to our carnal/fleshly desires.
3. Caution - *Like a city whose walls are broken down is a man who lacks self-control (Prov 25:28 NIV)*
4. *He who is slow to anger is better than the mighty, And he who rules his spirit than he who takes a city. (Pro 16:32)*

II. Self-Control is about direction

1. A Christ follower lives to fulfill God's will, not their own.
For I have come down from heaven, not to do My own will, but the will of Him who sent Me (Jn 6:38)
2. A Christ follower lives to apply God's Word to life...
But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love. For if these things are yours and abound, you will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ. (2 Pet 1:5-8)

III. Self-Control is about discipline

1. In one sense, there are basic disciplines all disciples should be involved in, including Bible reading, prayer, worship, staying sexually pure and living/sharing our faith with others.
2. In another sense, knowing that our bodies are the (temple) dwelling place of the Holy Spirit, we should exercise control (discipline) over all areas to bring glory to God.
3. *But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified. (1Cor 9:27)*

IV. Self-Control is about Focus and Perseverance

1. *Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. (Hebrews 12:1-2)*
2. Jesus said, *If anyone desires to come after Me, let him deny himself, and take up his cross daily, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for My sake will save it (Luke 9:23-24)*
3. *...being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ; (Phil 1:6).*