

The Fruit of the Spirit: Self-Control

Sunday, April 13, 2025

So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. The sinful nature wants to do evil, which is just the opposite of what the

Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions. But when you are directed by the Spirit, you are not under obligation to the law of Moses. When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division,

envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God. 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! Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there. Since we are living by the Spirit,

let us follow the Spirit's leading in every part of our lives.

Galatians 5:16-25 NLT

1. There is something in us that needs to be controlled - bridled.

The sinful nature wants to do evil, which is just the opposite of what the Spirit wants.

And the Spirit gives us desires that are the opposite of what the sinful nature desires.

These two forces are constantly fighting each other

We are trying in our own strength to control our appetites and desires.

Self-Control - the virtue of one who master's his desires and passions, especially sensual ones.

- Sexual
- Food
- Financial
- Speech
- Media
- Work
- Exercise
- Sleep
- ???????

*But the Holy Spirit produces this kind of fruit in our lives:... **self-control.***

Galatians 5:23

As he reasoned with them about righteousness and **self-control** and the coming day of judgment, Felix became frightened. "Go away for now," he replied. "When it is more convenient, I'll call for you again."

Acts 24:25

And because of his glory and excellence, he has given us great and precious promises.

These are the promises that enable you to share his divine nature and escape the world's corruption caused by human desires. In view of all this, **make every effort to respond to God's promises**. Supplement your faith with a generous provision of moral excellence, and moral excellence with knowledge, and knowledge with **self-control**, and self-control with patient endurance, and patient endurance with godliness, and godliness with brotherly affection, and brotherly affection with love for everyone. The more you grow like this, the more productive and useful you will be in your knowledge of our Lord Jesus Christ.

2 Peter 1:4-8

1. Self-Control Requires Effort on our Part - but not the kind we think!

Who gets the glory for that if you're successful? You do!

The work that self control takes on our part is the work of believing Jesus!

Then they asked him, "What must we do to do the works God requires?" Jesus answered, "The work of God is this: **to believe** in the One He has sent."

John 6:28-29 NIV

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2 Peter 1:4-5a

Dear friends, you always followed my instructions when I was with you. And now that I am away, it is even more important. **Work hard** to show the results of your salvation, obeying God with deep reverence and fear. For **God is working in you**, giving you the desire and the power to do what pleases him.

Philippians 2:12-13 NLT

Therefore, my dear friends, as you have always obeyed--not only in my presence, but now much more in my absence--continue to **work out** your salvation with fear and trembling, **for it is God who works in you** to will and to act in order to fulfill his good

*purpose.
Philippians 2:12-13 NIV*

Fight *the good fight for the true faith. Hold tightly to the eternal life to which God has called you,
1 Timothy 6:12*

agōnizomai - (ag-o-nid'-zom-ahee) - *to struggle, literally (to compete for a prize), figuratively (to contend with an adversary)—fight, labor fervently, strive.*

*“Work hard to enter the narrow door to God’s Kingdom, for many will try to enter but will fail.
Luke 13:24*

*"Happiness is like a butterfly, the more you chase it, the more it will elude you, but if you turn your attention to other things, it will come and sit softly on your shoulder".
Maybe Henry David Thoreau*

Self control is like a butterfly the more you chase it the more it will allude you. But if you turn your attention to Jesus, it will come and sit softly on your shoulder.

*'Not by might nor by power, but by my Spirit,' says the LORD Almighty.
Zechariah 4:6*