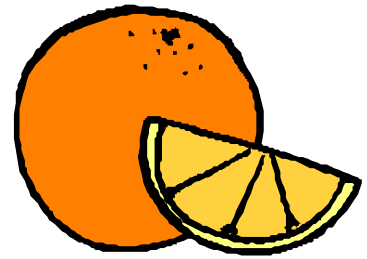


Spirit Fruit

Galatians 5 v 22 - 23



1 fruit 9 segments

9. Self-Control

What ideas does the phrase 'self-control' bring to mind?

Some use the phrase 'temperance', but one author suggests 'self-mastery'

We need to control who or what has mastery over our lives

Romans 6 v 14

two opposing positions...

1. to live this way is to follow it to the latter and fall under its curse and be **condemned**
2. to live this way is to accept our dependence on Christ and be **justified**

1. This is a cruel master, demanding strict observance to every detail
2. This is a loving master, requesting reliance, trust and faith to follow

Sin seeks mastery over us in the strictest and most brutal form

But sin is not to be our master, but self control but what does self-control really mean?

The choice is ours...

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|--|---------------------------|
| 1. mastery over who controls our desires | Romans 6 v 13 |
| 2. mastery over the power of control | Romans 6 v 19 |
| 3. how much effort we put into who controls us | Mark 14 v 38 |
| 4. presenting our bodies to God | Romans 12 v 1 |
| 5. controlling our bodily desires | 1 Corinthians 9 v 27 |
| 6. setting goals and expectations of ourselves | 1 Corinthians 9 v 24 - 27 |
| 7. controlling our thoughts | Philippians 4 v 8 |
| 8. deciding who to please | Romans 15 v 1 - 3 |

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| 9. being alert | 1 Thessalonians 5 v 6 1 Peter 5 v 8 Matthew 26 v 41 |
| 10. keeping our confidence in the right balance | 1 Corinthians 10 v 12 |
| 11. constantly praying | 1 Peter 4 v 7 |
| 12. being decisive | Titus 2 v 11 – 12 |
| 13. adding it to your faith package | 2 Peter 1 v 5 - 9 |

Why is self-control such a big thing?

Some people may argue that self-control is a personal issue and some of the areas touched by self control are extremely personal and should be something that we decide to look into or not. Others may see self-control as something which is ultimately God's responsibility. If He wants me to have more self-control, He will give it to me. Scripture though, is very clear regarding the need for self-control and puts it firmly back into our hands.

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| 1. lack of self control is a sign of those who rebel against God | 2 Timothy 3 v 1 – 5 |
| 2. it is a requirement for spiritual leadership | 1 Timothy 3 v 1 – 4 |
| 3. it is a vital part of our spiritual maturity | Acts 24 v 24 – 25 |
| 4. it is expected of all believers... | |
| a. older men | Titus 2 v 1 – 2 |
| b. women (all ages) | Titus 2 v 3 – 5 |
| c. young men | Titus 2 v 6 |
| d. everyone | Titus 2 v 11 - 12 |
| 5. lack of self control opens the door to Satan | 1 Corinthians 7 v 5 |
| 6. it sets us apart | 1 Thessalonians 5 v 6 |

There are many areas in which self-control is an important issue

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|---------------------|---|
| • Drinking | Proverbs 23 v 20 / Ecclesiastes 10 v 17 |
| • Eating | Proverbs 23 v 20 / 25 v 16 |
| • Sexual habits | Titus 2 v 5/Mark 10 v 7/1 Corinthians 7 v 1 – 6 / Rom 13v13 |
| • Sinful desires | 1 Peter 2 v 11 |
| • Pride | Romans 12 v 3,16 / Philippians 2 v 3 |
| • Temperament | Proverbs 12 v 16 / 2 Timothy 1 v 7 |
| • Temper | Psalms 37 v 8 / Ephesians 4 v 26 |
| • Speech | James 3 v 1 – 12 / Ecclesiastes 5 v 2 - 3 |
| • Money/things | 1 Timothy 6 v 6 – 10 / Matthew 6 v 19 – 20 |
| • Spiritual matters | Galatians 5 v 13 |

What failed areas of self-control can we see in Mark 6 v 14 – 29?

Self-control is an important part of the fruit 2 Peter 1 v 5 - 6