



**The Fruit of the Spirit
Lesson 5: The Fruit of Self-Control**

Main Text

Galatians 5:22, 23

The Fruit of Self-Control

1. What is self-control?

Self-control has nearly the exact same meaning as _____

It was translated self-control. But, unlike gentleness, which is a control over one's emotions, self-control denotes power over one's passions, appetites, and desires.

The word could be translated _____

“Self-control” is derived from a Greek word, which means “strength”.

The same Greek word sometimes translated “power”.

Self-control gives us the strength and power to crucify the flesh and live victorious over it.

Galatians 5:24

1 Corinthians 9:24-27

Definition of TEMPERATE: _____

Temperate and self-control are the same.

They involve bringing the _____

Definition of SUBJECTION: _____

The body (flesh) should be a slave to the spirit.

Like a slave, the body should have no legal rights. It should be bound by law to obey its master.

Disqualification is the result of not bringing the body into subjection.

Only the fruit of self-control can accomplish this.

Paul compares the Christian life to running a race. You become disqualified when you drop out of the race due to a lack of self-control.

1 Corinthians 10:1-12

1 Corinthians 10:11 – The children of Israel are our example.

Why were the children of Israel overcome in the wilderness?

1 Corinthians 10:6 – They were overcome because of the desires of the flesh.

Romans 8:13

1 Corinthians 10:13

Everyone goes through trials and temptations, and we can overcome them.

In this text, there are four areas in which the children of Israel gave into the lust of the flesh. They are examples for us so that we will not give into the same things.

The four areas of the flesh that the children of Israel struggled with were:

- _____
- Fornication
- _____
- Murmuring

2. The fruit of self-control aids believers in overcoming idolatry.

1 Corinthians 10:7

Exodus 20:4, 5

Definition of SERVE: _____

Colossians 3:5

Whatever we work for and put all of our energy towards becomes our idol.

That idol enslaves us and puts us in bondage.

Ephesians 5:5

The degree of idolatry in a Christian's life can be measured by the amount of time he or she devotes to pursuing things other than God.

It is possible to covet "good" things that God has blessed you with.

1 Corinthians 9:25

"All things" can include even what God has blessed you with.

It is possible to seek _____ rather than the _____

For example, it is possible for your job, which God blessed you with, to become an idol.

Luke 21:34, 35

Definition of CAROUSING: _____

When you cultivate the fruit of self-control it will empower you and give you strength to not be overly indulgent.

3. The fruit of self-control gives believers strength and power to crucify the flesh and live victorious over it. This includes overcoming fornication.

Galatians 5:24

We are aware of sexual fornication. However, we are going to look at this in a different way.

James 4:4

Friendship with the world = _____

If you do not cultivate the fruit of self-control you are in danger of becoming a friend of the world, which is an enemy of God.

1 John 2:15-17**Galatians 5:13**

We have not been set free to now do whatever we want to do. We have been set free so that we can do everything God desires us to do.

4. The fruit of self-control aids and prevents believers from tempting Christ.

1 Corinthians 10:9

What exactly did the children of Israel do that was classified as “tempting Christ”?

Answer: _____

Numbers 21:5, 6

Galatians 5:19-21

This describes the works of the flesh.

Definition of DISSENSIONS: Incitement of resistance to or insurrection against lawful authority

Our flesh naturally does not like to submit to authority. The fruit of self-control helps you to do what your flesh does not want to do.

5. The fruit of self-control helps believers to resist the temptation to murmur and complain.

1 Corinthians 10:10

Israel was guilty of a lot of grumbling and complaining.

Whenever we complain and talk about other people we think we have a good reason for it.

There is nowhere in the Bible that states that unpleasant circumstances are an excuse to murmur.

6. The fruit of self-control is cultivated by learning to control what you say.

James 3:2-4

Proverbs talks about controlling what we say.

Proverbs 21:23

Proverbs 6:2

Proverbs 15:23

7. The fruit of self-control is cultivated by strengthening your inner man.

Galatians 5:16, 17

You are flesh and spirit. Whichever one you feed is the part of you that will dominate your life.

Definition of CONTRARY: _____

Ephesians 3:16 ,

How do you strengthen your inner man?

- _____

2 Peter 1:5, 6

- _____

Psalm 8:2

Definition of STRENGTH: Boldness, might, and power

But where does strength come from?

Matthew 21:16