



FRUIT *of the* SPIRIT
self control

LOVE is the first Fruit mentioned in Galatians. SELF CONTROL is the last.

- LOVE and SELF-CONTROL are like _____ – They hold the rest of the FRUITS into place!

“All of the FRUITS flow out of LOVE; but without SELF-CONTROL we would never be able to operate in them when things are not easy!” -Joyce Meyer

“LOVE keeps us afloat, and SELF-CONTROL keeps us anchored.” -Beth Moore

THINK ABOUT THIS: What are the things that threaten to steal my love, joy, peace, patience, kindness, goodness, faithfulness, & gentleness?

SELF-CONTROL is “_____ exercised over one’s own impulses, emotions, or desires”.

TEMPERANCE is “_____ in *action, thought, or feeling*. Restraint.”

The Greek word used is EGKRATEIA: “temperance, self-control, restraining one’s _____ and _____”. The root word EGKRATES means strong, robust, having power over, mastering, controlling.

The opposite of EGKRATEIA is AKRASIA, and means “_____, self-indulgence”.

WHAT we need to control:

1. We need to control WHAT _____ .
(desires, passions, things we have an appetite for)
2. We need to control WHAT _____ .
(words, actions, emotions)

The key to self-control is choosing to be _____ in Christ rather than be _____ by my desires!

I Cor 6:12 (CEV) Some of you say, 'We can do anything we want to.' But I tell you that not everything is good for us. So I refuse to let anything have power over me.

(MSG) Just because something is technically legal doesn't mean that it's spiritually appropriate. If I went around doing whatever I thought I could get by with, I'd be a slave to my whims.
(NIV) I will not be mastered by anything.

Prov 16:34, Prov 25:28, Titus 2:1-15, I Cor 9:24-25, I Cor 10:13, II Peter 1:3-9, Rom 12:1-2, Phil 4:8-9, Phil 4:13, II Timothy 1:7, Prov 18:21, James 3:2-10, James 1:19-21

WHY we need self-control:

1. SELF-CONTROL provides a _____ of _____ for the believer!
Prov 25:28
2. Without SELF-CONTROL, we are _____ to the assault of every temptation from the enemy.

I Cor 6:19-20, I Peter 5:6-8, Eph 6:10-20

Here are the steps Nehemiah took in 'rebuilding the wall' around the city of Judah:

- ✓ **He "set out with a few men"** (vs 12) *Get some accountability partners if you need to!*
- ✓ **He "examined the walls"** (vs 13) *Perform an honest self-examination. What area(s) do you lack self-control?*
- ✓ **"Come, let us rebuild the wall"** (vs 17) *Admit you need to 'rebuild' your wall of protection from the enemy.*
- ✓ **"They said, 'Let us start rebuilding.' And they began this good work."** (vs 18) *Begin immediately by cooperating with God as the Holy Spirit convicts, leads and guides you.*
- ✓ **"The God of heaven will give us success"** (vs 20) *Give it to God, and KEEP giving it to God over and over and over until you have overcome!*

Your people will rebuild the ancient ruins
and will raise up the age-old foundations;
you will be called Repairer of Broken Walls,
Restorer of Streets with Dwellings. Isaiah 58:12