



The Fruit of the Spirit #9 = Self-Control

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Bearing Fruit For The Kingdom
Galatians 5:22-23
SUNDAY AM SERIES

Introduction: Paul boldly urges the churches of Galatia to walk by the Spirit. He warns them about the works of the flesh and then identifies the fruit of the Spirit. Let's consider some things about self-control. . . .

Discussion:

I. Who Should Practice Self-Control?

- * Husbands & Wives Should Practice Self-Control (**I Corinthians 7:5**)
- * Single Christians Should Practice Self-Control (**I Corinthians 7:9**)
- * Athletes Should Practice Self-Control (**I Corinthians 9:25**)
- * Young Women Should Practice Self-Control (**I Timothy 2:9**)
- * Preachers Should Practice Self-Control (**I Timothy 4:12**)
- * Elders Should Practice Self-Control (**Titus 1:8**)
- * Older Women Should Practice Self-Control (**Titus 2:1**)
- * Older Men Should Practice Self-Control (**Titus 2:2**)
- * Young Men Should Practice Self-Control (**Titus 2:6**)

II. What Does It Mean To Practice Self-Control?

II Timothy 1:6-7 says, "This is why I remind you to keep using the gift God gave you when I laid my hands on you. Now let it grow, as a small flame grows into a fire. God did not give us a spirit that makes us afraid but a spirit of power and love and self-control."

- * The Self-Control of the Holy Spirit Removes Our Fear
- * The Self-Control of the Holy Spirit Fuels Us With Power
- * The Self-Control of the Holy Spirit Provokes Us To Love

III. Why Should We Practice Self-Control?

I Thessalonians 5:5-8 says, "You are all people who belong to the light and to the day. We do not belong to the night or to darkness. So we should not be like other people who are sleeping, but we should be alert and have self-control. Those who sleep, sleep at night. Those who get drunk, get drunk at night. But we belong to the day, so we should control ourselves. We should wear faith and love to protect us, and the hope of salvation should be our helmet." (NCV)

- * Self-Control Establishes Our Perspective
- * Self-Control Ignites Our Spiritual Flame
- * Self-Control Equips Us For Spiritual Warfare

IV. When Should We Practice Self-Control?

II Timothy 3:1-5 says, "Remember this! In the last days there will be many troubles, because people will love themselves, love money, brag, and be proud. They will say evil things against others and will not obey their parents or be thankful or be the kind of people God wants. They will not love others, will refuse to forgive, will gossip, and will not control themselves. They will be cruel, will hate what is good, will turn against their friends, and will do foolish things without thinking. They will be conceited, will love pleasure instead of God, and will act as if they serve God but will not have his power. Stay away from those people." (NCV)

- * Self-Control Will Be Hardest When You Face Adversity
- * Self-Control Will Be Hardest When You Feel Alone
- * Self-Control Will Be Hardest When You Are Surrounded By Sin

Conclusion: We need to re-evaluate what we are doing, why we are doing it, and how it is improving our life. Paul hopes that we will live in the Spirit and walk in the Spirit! It's time to bear fruit! Are you ready to obey God's will? Are you ready to show self-control?

WORD OF THE DAY = "SELF-CONTROL"