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Fruit of the Spirit: Self-Control

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**HANDOUT NOTES**

* **Introduction**

**Galatians 5:22-23** … the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control ...

**self-control:** temperance; the virtue of controlling one’s desires and passions; sober-minded; one who is mentally/emotionally stable

Self-control is a Spirit-empowered reigning in of the flesh. It is a proper stewardship of our mind and tongue and actions. It is a Spirit-powered managing of the flesh that keeps it in bounds and controlled.

* **Not Controlled**

What does it look like when the flesh is not controlled? The basic mark of the uncontrolled flesh is that it is unsubmissive to the good things of God.

**Galatians 5:19-21** Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these ...

**When we lack self-control, we give ourselves to over-indulgence:**

So, it is not that we eat; it is that we become gluttons.

It is not that we have a drink, but that we become drunkards.

It is not that we have conversations, but that we become gossips.

It is not that we enjoy a café mocha, but that we can’t function in the day without our caffeine high.

It is not that we spend money, but we become absolutely absorbed with consumption and new stuff and undisciplined spending; therefore, we accumulate debt.

**Proverbs 25:16** If you have found honey, eat only enough for you, lest you have your fill of it and vomit it.

**Proverbs 25:28** A man without self-control is like a city broken into and left without walls.

**Proverbs 5:8-14** “Keep your way far from her, and do not go near the door of her house, lest you give your honor to others and your years to the merciless, lest strangers take their fill of your strength, and your labors go to the house of a foreigner, and at the end of your life you groan, when your flesh and body are consumed, and you say, “How I hated discipline, and my heart despised reproof! I did not listen to the voice of my teachers or incline my ear to my instructors. I am at the brink of utter ruin in the assembled congregation.”

* **Self-Controlled**

**2 Timothy 1:7** for God gave us a spirit not of fear but of power and love and self-control.

**What does self-control look like?**

To have self-control means that you act in a manner that is appropriate for the given situation.

It means we defer when it is appropriate to defer.

It means we speak when we need to speak.

It means we control our tempers and do not blow up every time things do not go our way.

It means we ignore the minor mistakes of others instead of trying to prove that we are always right

It means we put other people before ourselves.

It often involves putting the good of a group ahead of the good of an individual.

When your “self,” your “person,” your “mind,” your “emotions” are in control, they are reigned in and not unleased! It means you are “even tempered” and you practice “holy moderation.”

Self-control doesn’t mean we yield or just roll over to injustice and evil.

* **Be Angry and Do Not Sin**

**Ephesians 4:26** Be angry and do not sin ...

**Matthew 21:12-13** ... Jesus entered the temple and drove out all who sold and bought in the temple, and he overturned the tables of the money-changers and the seats of those who sold pigeons. He said to them, “It is written, ‘My house shall be called a house of prayer,’ but you make it a den of robbers.”

**Mark 3:5** ... he [Jesus] looked around at them with anger, grieved at their hardness of heart ...

* **What makes righteous anger different than sinful anger?**

**Psalm 97:10** O you who love the Lord, **hate evil** …

**Romans 12:9** Let love be genuine. **Abhor what is evil**; hold fast to what is good.

**Psalm 4:4** Be angry, and do not sin; ponder in your own hearts on your beds, and be silent.

**John 2:15** And making a whip of cords, he drove them all out of the temple, with the sheep and oxen. And he poured out the coins of the money-changers and overturned their tables.

* **Radical Evenness of Temper**

**Philippians 4:5** Let your reasonableness be known to everyone. The Lord is at hand

**1 Corinthians 7:29-31** This is what I mean, brothers: the appointed time has grown very short. From now on, let those who have wives live as though they had none, and those who mourn as though they were not mourning, and those who rejoice as though they were not rejoicing, and those who buy as though they had no goods, and those who deal with the world as though they had no dealings with it. For the present form of this world is passing away.

**Luke 10:17** The seventy-two returned with joy, saying, “Lord, even the demons are subject to us in your name!”

**Luke 10:20** “… do not rejoice in this, that the spirits are subject to you, but rejoice that your names are written in heaven.”

* **Practicing Self-Control**

**2 Peter 1:3-4** His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence, by which he has granted to us his precious and very great promises, so that through them you may become partakers of the divine nature, having escaped from the corruption that is in the world because of sinful desire

**2 Peter 1:5-7** For this very reason, make every effort to supplement your faith with virtue, and virtue with knowledge, and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness, and godliness with brotherly affection, and brotherly affection with love.