Lesson 9: Wednesday May 18, 2022

Teacher: Joshua Kirstine

Fruit of the Spirit- Self-Control

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

1. **As you hear these definitions and descriptions again, why is self-control such an important part of our life in general?**

In Galatians 5:19-21, Paul defined well what the flesh produces when it is NOT controlled. (\*Maybe Read it again).

1. **What examples come to mind of when your flesh is not controlled and why is our flesh when it is out of control so destructive?**
2. **Paul said, “Be angry and do not sin” -Ephesians 4:26. Why is the fruit of Self-control a critical part of this and how have you seen evidence of it in your life?**
3. **In what ways do we need to be accountable to each other when we give our flesh to much control and we walk out of step with the gospel?**

Pastor said, “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”. Paul said it this way, “Let your reasonableness be known to everyone. The Lord is at hand” Philippians 4:5

1. **In what ways does the Holy Spirit at work in your life produce a “radical evenness of temper” and why is this good news?**
2. **Why is it essential that we “abide in” Christ in all things (John 15:5) AND “make every effort” (1 Peter 1:5-7) to practice Self-control at the same time?**

\*(leader note) The point we must keep driving home is that “we” don’t’ produce the fruit of the Spirit. God produces it in and through us as we abide in Him. That’s John 15:5. At the same time we are to practice, “make every effort” to put to work the very fruit God is producing in us. We need to become quick to use the tools he has given us and not look to the flesh to navigate life like we only did in our old man.

\*Spend time in prayer and please dismiss by 8pm.