



FRUIT OF THE SPIRIT

“SELF-CONTROL”

Galatians 5:22, 23

*But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, **SELF-CONTROL**. Against such there is no law.*

“Temperance” (KJV)

Used In 3 Scriptures

1. Galatians 5:23

2. 2 Peter 1:5-9:

⁵ But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge,

⁶ to knowledge self-control, to self-control perseverance, to perseverance godliness,

⁷ to godliness brotherly kindness, and to brotherly kindness love. (NKJV)

1. Acts 24:25

“Whoever has no rule over his own spirit is like a city broken down, without walls”

(Prov. 25:28, NKJV)

“Better to get angry slowly
than to be a hero. Better to be
even-tempered than to
capture a city”

(Prov. 16:32, GWV)



Defining **“Self-Control”**

- Gk. “*egkrateia*” (1466, Online Bible Greek Lexicon)
 - self-control (the virtue of one who masters his desires and passions, esp. his sensual appetites)



In or Out of Our Control

- Weather
- National Events
 - Acts 17:26, “And He has made from one blood every nation of men to dwell on all the face of the earth, and has determined their preappointed times and the boundaries of their dwellings”
 - Job 12:23-25
- Family
- Self

1 Corinthians 9:24-27

24 ¶ Do you not know that those who run in a race **all run**, but one receives the prize? Run in such a way that you may obtain it.

25 And everyone who **competes** for the prize is **temperate** in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown.

26 Therefore I run thus: not with uncertainty. Thus I fight: not as one who beats the air.

27 But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.

(NKJV)



SELF CONTROL

2 Tim. 2:3, 4

“Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside **every weight, AND the sin** which so easily ensnares us, and let us run with endurance the race that is set before us”
(Heb. 12:1)

1 Corinthians 9:24-27

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SELF CONTROL

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Sacrificial Service & Self-Control

- ¹ I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.
- ² And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

(Rom. 12:1, 2, NKJV)

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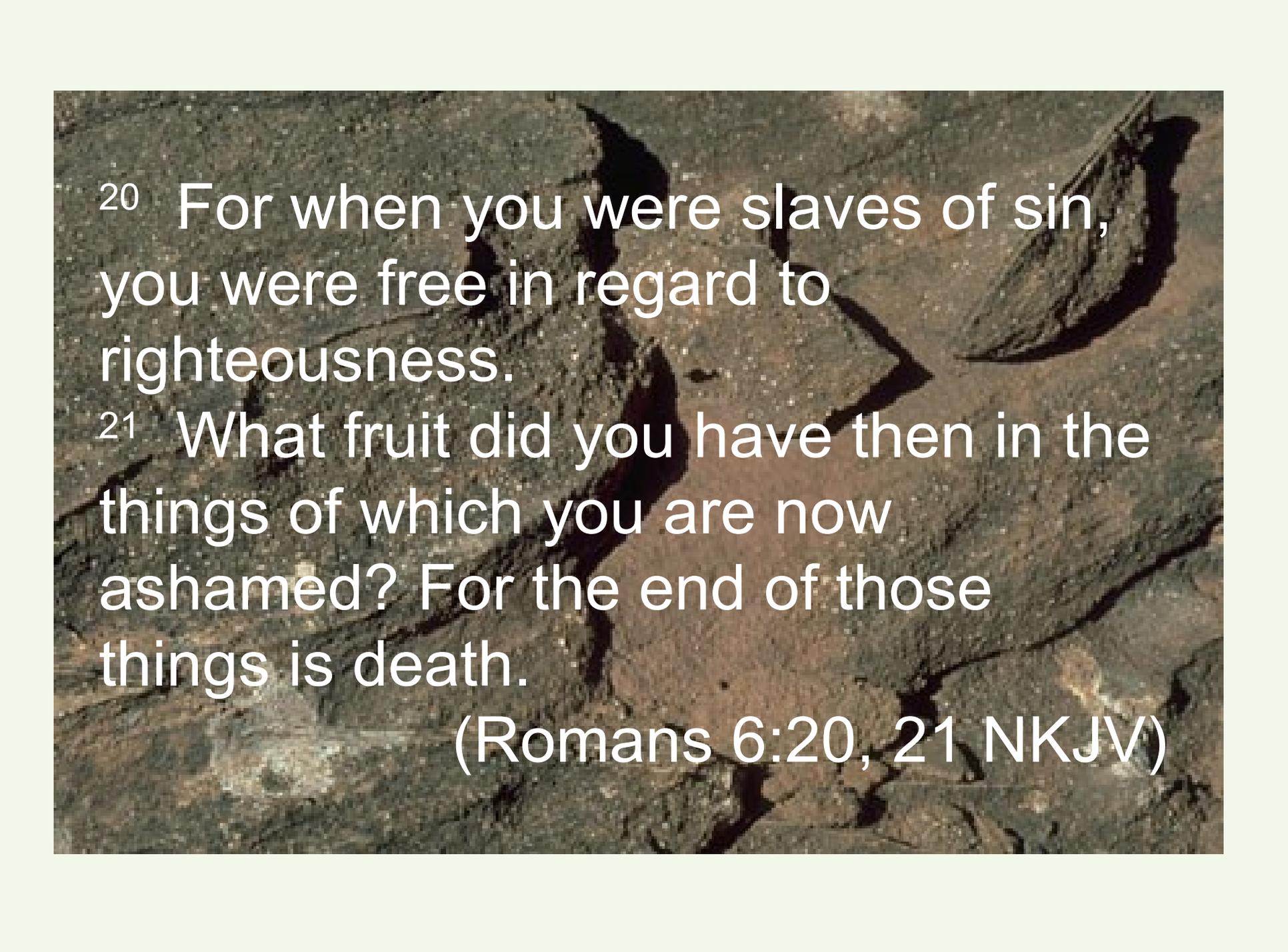
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Then the king said to Araunah,
"No, but I will surely buy it from you
for a price; nor will I offer burnt
offerings to the LORD my God with
that which costs me nothing." So
David bought the threshing floor
and the oxen for fifty shekels of
silver.

(2 Sam. 24:24, NKJV)



²⁰ For when you were slaves of sin, you were free in regard to righteousness.

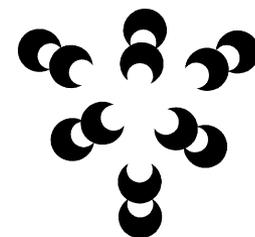
²¹ What fruit did you have then in the things of which you are now ashamed? For the end of those things is death.

(Romans 6:20, 21 NKJV)

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GALATIANS 6:8

"For he who sows to his flesh
will of the flesh reap corruption,
but he who sows to the Spirit will
of the Spirit reap everlasting life"
(NKJV)



Sacrificial Service & Self-Control

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“your spiritual service of worship” (NASB)

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(Rom. 12:1, 2, NKJV)

Eph 4:23, “And be renewed in the spirit of your mind” (NKJV)

“As obedient children, not conforming yourselves to the former lusts, as in your ignorance; but as He who called you is holy, you also be holy in all your conduct”

1 Peter 1:14, 15 (NKJV)

Through God We Can Have A Sound Mind!

“Therefore I remind you to stir up the gift of God which is in you through the laying on of my hands. For God has not given us a spirit of fear, but of power and of love and of a **sound mind**”



(2 Tim. 1:6, 7, NKJV)

- 1) an admonishing or calling to soundness of mind, to moderation and self-control
- 2) self-control, moderation

(Online Bible Greek Lexicon)

The War For the Mind & Body

16 **For all that is in the world**—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but is of the world.

17 And the world is passing away, and the lust of it; but he who does the will of God abides forever.

1 John 2:16, 17

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“. . .adultery, fornication, uncleanness, lewdness. . .” (Gal. 5:19)

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“idolatry. . .selfish ambitions. . ., drunkenness, revelries” (Gal. 5:20, 21)

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“...hatred, contentions, jealousies, outbursts of wrath...dissensions, heresies...” (Gal. 5:20, 21)

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1 John 2:16, 17

Psalm 39:6, “Surely every man walks about like a shadow; Surely they busy themselves in vain; He heaps up riches, And does not know who will gather them” (NKJV)

Grace & Self-Control

¹¹ For the grace of God has appeared, bringing salvation for all people,
¹² training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age,
¹³ waiting for our blessed hope, the appearing of the glory of our great God and Savior Jesus Christ

(Titus 2:11-13, ESV)

Hosea 4:1, 2

¹ Hear the word of the LORD, You children of Israel, For the LORD brings a charge against the inhabitants of the land:

"There is no truth or mercy or knowledge of God in the land.

² By swearing and lying, Killing and stealing and committing adultery. **They** break all restraint, With bloodshed upon bloodshed.

(NKJV)

Hosea 10:13

“You have plowed wickedness; You have reaped iniquity. You have eaten the fruit of lies, Because you trusted in your own way, In the multitude of your mighty men”

(NKJV)

Romans 6:21 “ What fruit did you have then in the things of which you are now ashamed? For the end of those things is death.”

What are the benefits of having the Holy Spirit?

There are many, but of crucial importance is that it enables *spiritual understanding* — the capacity to truly *understand the Bible*

1 Corinthians 2:9-11

[9] But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him.

[10] But God hath revealed them unto us by his Spirit: for the Spirit searcheth all things, yea, the deep things of God.

[11] For what man knoweth the things of a man, save the spirit of man which is in him? even so the things of God knoweth no man, but the Spirit of God.

[14] But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned.

Then, once we have spiritual "knowledge," we must add "self-control"

2 Peter 1:5-8 [5] And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge;
[6] And to knowledge temperance; and to temperance patience; and to patience godliness;
[7] And to godliness brotherly kindness; and to brotherly kindness charity.
[8] For if these things be in you, and abound, they make you that ye shall neither be barren nor unfruitful in the knowledge of our Lord Jesus Christ.

In other words, God's Spirit imparts the strength of character to apply and live by that knowledge. And as it transforms us, we can increasingly see the effects or "fruit" of having God's Spirit within us.

The Fruit of the Spirit

- Is the complete package that displays us as legitimate sons of God
- God creates us to be
 - a people elevated in love, joy and courage
 - a people powerfully good and compassionate
 - a people who are self-governing, sensible, dependable and restrained

Romans 6:3, 4, 22

- 3 Or do you not know that as many of us as were baptized into Christ Jesus were baptized into His death? ⁴ Therefore we were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we also should walk in newness of life.
- 22 But now having been set free from sin, and having become slaves of God, you have your fruit to holiness, and the end, everlasting life.



Acts 22:16

“And now why are you waiting? Arise and be baptized, and wash away your sins, calling on the name of the Lord” (NKJV)

