

Lesson 7

The 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.

1. Self-control is made up of two words:

- Define self
- Define control

For Discussion:

A. Based upon those definitions what is self-control?

1. Another word for self-control is the word “temperance.”

- Define temperance
- List as many synonyms for temperance as you can

2. How does that expand your understanding of self-control?
3. List as many antonyms for temperance as you can.
4. How does that help your understanding of self-control?
5. Make a list of the areas in your life where you are currently exercising self-control.
6. Make a list of areas where you need more self-control.

Read Proverbs 25:28

1. According to Proverbs 25:28 why is self control important?
2. What do you think would happen to an ancient city that had no walls?

3. What will happen to a person who lacks self-control?

For Discussion:

A. How does self-control serve as a wall of protection in our lives?

Read James 1:14-15

1. How can self-control help us to guard against sin getting a grip on us?

For Discussion:

A. How can self-control be useful in the following areas:

- Marriage

- Parenting

- Friendships

- Sharing Christ with others

Read Genesis 3:1-6

1. In what ways did Eve lack self-control?
2. Think about the scene in the garden, how do you think things would have turned out if she exercised self-control?

Read Numbers 20:7-13

1. How could self-control have changed the outcome of this story?

Read the following passages and share what you learn about self-control.

- *Genesis 39:2-12*
 - How did Joseph exhibit self-control?

For Discussion:

A. What specific applications can you make to your life based upon Jospheh's behaviors?

B. Are there any things that you need to "run away from" in order to grow closer to Jesus?

- *Read Job 31:1*
 - Jesus said "the light of the body is the eye." In other words the things we look at will have a dramatic affect upon our lives. How can you apply self-control to the kind of things you are looking at?

- *Read Proverbs 23:1-3*

For Discussion:

A. Solomon is speaking about the need to prepare in advance for times of increased temptation. What are some ways we can prepare in advance knowing that some situations increase our likelihood for failure?

- *Read Daniel 1:5-8*
 - What does it mean to "purpose in your heart"?

- What are some things we should purpose in our heart to avoid?

- What are some things we should purpose in our hearts to participate in?

1. Is there anything in your life that you need to lay aside in order to follow Jesus more closely?

2. Take some time to confess these things and ask God for help.

For Discussion:

A. What are some practical ways you can purpose in your heart to...

- Read your Bible more consistently?

- Pray more diligently?

- Serve in the church more faithfully?

- Reach out in the community more boldly?

Read 1 Corinthians 9:24-27

1. What are some ways athletes exhibit self-control?

2. Define the word discipline.

3. What part does discipline play in following Jesus?

4. What are some ways you can be more disciplined in your Christian service?

For Discussion:

Imagine you were counseling a friend who had the following struggles. What things might you tell them to avoid?

- Fear

- Doubt

- Discouragement

- Lust

- Jealousy

B. Imagining the same scenario, what would you encourage them to participate in?

1.. Now counsel yourself. What area are you struggling with? What things can you avoid so as not to feed these weaknesses?

Exercising self-control is like lifting weights. The more we do it the more fatigued we become. When our self-control becomes fatigued we are more susceptible to temptation. The Bible however declares that self-control is a fruit, which will come into our lives as we abide in Christ. If you have an area where you have been unable to exercise adequate self-control try changing your focus. Instead of thinking about it all the time and feeling defeated, simply spend more time with Jesus and let the fruit of temperance develop naturally.

7. Take some time to pray for the fruit of self-control to blossom in your life