

Personal Application and Conversations

1. Who's in control these days?
2. How has self-control made me a more pleasant person to be around?
3. In what areas of my life do I still struggle with self-control?
4. Who else notices when I am struggling with self-control?
5. How do I know I'm growing in my understanding and the practice of walking in the Spirit?



Control Yourself

Galatians 5:23

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Last Sunday I described gentleness as “power under control.” Power can be a blessing or a curse. The powers God has placed at our disposal are capable of abuse. The question is who’s in control?

Today our focus is on the last of the nine evidences of the fruit of the Spirit, self-control. In his commentary on Galatians, R.C. Lenski describes self-control as “holding our desires or passions in check.”

The apostle Paul uses this expression in 1 Corinthians 7:9 recommending marriage for the unmarried [widows] saying, “*But if they do not have self-control, let them marry; for it is better to marry than to burn*” [with unrighteous passion]. In 1 Cor. 9:25 he speaks of self-control as important to any athlete who trains to become a winner. So the expanded question is, who’s in control when we’re in control? God wants us to walk in the Spirit because ***the fruit of the Spirit is...self-control.***

Self-control is a fundamental virtue

If we ever needed self-control we need it now

Get to self-control by walking in the Spirit

Self-control blesses everyone