



## INTRODUCTION

## Part 7 - Fruit of the Spirit: Self-Control

What are we, as Christians, supposed to be like? What qualities should be evident in our lives?

The Apostle Paul, in Galatians 5, listed nine amazing Christ-like attributes that are called, “the fruit of the Spirit.”

This series, Nine, will explore these attributes and will answer the question, How do we get them in our lives?

## DISCUSSION QUESTIONS

1. How would you define “self-control?” Do you think most people exercise self-control? Explain your answer.
2. In what areas do you personally struggle with self-control? Why do you think it is so hard at times?
3. Read Genesis 4:3-8. How is sin like a lion ready to pounce? Why do you think Cain was unwilling to listen to God’s counsel? Cain suffered greatly as a result of killing his brother. What are some of the problems we face when we give into sin?
4. Read Galatians 5:16-17. Can you relate to the struggle described here? How have you experienced this in your own life?
5. Read Galatians 5:19-21. Why do you think we give into the flesh so often? Why is it so hard to live by the Spirit?
6. Read Galatians 5:22-25 and Romans 6:11-14. What do you think it means to crucify the flesh? What does it mean to be alive to God? How is our experience as Christians to be similar to Jesus’ experience of death and resurrection?
7. Why is letting God’s Spirit reign in us and empower us far superior than living according to our fleshly desires?
8. How might you apply this lesson to your life?

## APPLICATION

We often lack the self-control to do what we should. As Christians, we all face struggles with temptation, resistance, right, and wrong. While self-control is often about saying no, it isn’t always about resisting our desires. It’s also about saying yes, and choosing to do things we may not want to do. For example, we may not go to church, exercise, spend time with loved ones, or volunteer our time as much as we should.

With that in mind, self-control can be useful in several areas of life - fighting impulses, doing something that isn’t easy, showing kindness to others, being considerate and trustworthy, waiting patiently, and finding joy in difficult situations. It is needed in relation to every fruit of the Spirit. Without self-control, we can’t fully experience or express love, joy, peace, patience, kindness, goodness, faithfulness, and gentleness. The fruit of the Spirit act together to enhance and bring out the best of each quality.

We can’t manage ourselves by ourselves. With the help of the Spirit, we can have more control. We don’t have to allow sin to rule our lives. We can say no to sin, and be in charge of our feelings, actions, and thoughts.

## KEY VERSES

- Galatians 5:22-23
- Genesis 4:6-8
- Galatians 5:16-25
- Romans 6:11-14