

August 19, 2018
Galatians 5:22-23

THE FRUIT OF THE SPIRIT IS SELF-CONTROL

I. Introduction:

Without Self-Control We Face Ruin

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, gentleness, faithfulness, and self-control.” Galatians 5:22-23

II. Lives Out Of Control Vs. Under Control Of The Spirit:

Read Galatians 5:19-23

III. Ways We Live Lives Out Of Control:

A. **Uncontrolled Anger:** “A fool gives full vent to his anger, but a wise man keeps himself under control.” Proverbs 29:11

anger, but

B. **Uncontrolled Drinking:** When will I wake up so I can find another drink? Proverbs 23:35

C. **Uncontrolled Spending Or Gambling:** “In the house of the wise are stores of choice food and oil, but a foolish man devours all he has.” Proverbs 21:20

D. **Uncontrolled Lust:** “For the prostitute reduces you to a loaf of bread, and the adulteress preys upon your very life.” Proverbs 6:26

E. **Uncontrolled Ambition:** “Do not wear yourself out getting rich; have the wisdom to show restraint.” Proverbs 23:4

IV. Ways To Cultivate The Fruit Of Self-Control:

- A. Identify Areas Lacking Self-Control**
- B. Realize Self-Control Is Not Automatic or Easy**
- C. Depend On The Help Of The Holy Spirit**

V. Conclusion And Application:

POINTS TO PONDER
Week Of August 20th to 25th
Galatians 5:16-26

Open It

1. *If you could change one personality trait in yourself, what would you change?
2. What do you really like about yourself?

Explore It

3. What would happen if the Galatians lived by the power of the Holy Spirit? (5:16)
4. What is the conflict between the sinful nature and the Spirit? (5:17)
5. How were the Galatians affected by the conflict between the sinful nature and the Spirit? (5:17)

6. *How could the Galatian Christians lead godly lives? (5:18)
7. What is one obvious feature of human nature? (5:19)
8. To what sexual sins are we prone? (5:19)
9. *What religious sins does the sinful nature produce? (5:20)
10. What societal evils come from our sinful nature? (5:20-21)
11. In what sense is Paul's list of sins incomplete? (5:21)
12. What warning is given to those who live sinful lives? (5:21)
13. *What happens to a Christian who is under the control of the Holy Spirit? (5:22-23)
14. What is the result of yielding to the Spirit? (5:22-23)
15. How do the Christian graces affect all areas of the believer's life? (5:22-23)
16. How is a Christian empowered to live by the Spirit? (5:24-25)
17. What did Paul tell the Galatian Christians not to do? (5:26)

Get It

18. How much should we rely on the Holy Spirit for guidance and power in our lives?
19. How is your response of faith necessary in order for the Holy Spirit to have victory in you?

20. *Why do Christians tend to excuse the behavior of their old nature?
21. What acts of the sinful nature tend to entangle you?
22. What is the fruit of the Spirit?
23. In what sense do love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control grow in a person much the way fruit grows on a tree?
24. How can a person cultivate the character qualities of the Holy Spirit in his or her life?
25. What can a Christian do to promote the growth of godly character in his or her life?
26. *How do you see the character of the Holy Spirit growing in your life?
27. Who is kept out of the kingdom of God?
28. How does the warning against living a sinful life apply to someone you know?
29. In what ways do Christians need to guard against conceit and envy?

Apply It

30. *What can you do this week to nurture the character of the Holy Spirit in your life?
31. How can you and the Spirit get rid of the dead wood that stifles your growth?
32. What do you want to do the next time you encounter conceit or envy in your church?