

Self-control
Fruit of The Spirit
November 9, 2025

Galatians 5:22-23

- Theme: Self-control - The virtue of one who masters their DESIRES and PASSIONS, especially their sensual appetites. - Proverbs 25:28
- Paul's struggle - Romans 7:15-24 NLT
 - ✓ When I try to do right but fail, I feel hopeless and SHAME
 - ✓ It becomes a part of my IDENTITY
 - ✓ When I am challenged to change, it becomes a THREAT to me
 - ✓ I begin to lose my LIFE - Romans 7:25
 - ✓ The solution - Romans 7:25 NLT, 8:1-4 NLT
- Breaking the circle

*Self-control is the fruit of God's power in me that helps me do what I want to do and not do what I should not do. As a result, I can have the life God wants for me in the FUTURE.

 1. REPENT - Acts 3:19
 2. Fall in love with JESUS - John 14:15, Titus 2:11-12 NIV
 - Grace: When I do what I ought to do becomes what I WANT to do
 3. Commit to a LIFESTYLE of a disciple - Galatians 5:16
 - Greek - Peripateo: A continuous regular action, a HABITUAL way of life - 2 Peter 1:3-8 NIV
 4. Guard against GOING BACK to our old way of living - 2 Corinthians 7:1