

## The Fruit of the Spirit

*“But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.” Galatians 5:22-23*

This week I am going to wrap up with the last fruit, self control. Then I’m going to teach, on how I believe, we can all demonstrate the fruit of the Spirit as followers of Jesus Christ.

### Self Control

Self-control: the ability to control oneself, in particular, one’s emotions and desires or the expressions of them in one’s behavior, especially in \_\_\_\_\_.

What is the \_\_\_\_\_ of self-control? unruly, self-willed, unconstraint, lust, self-desires, self-serving, out of control, self-seeking

Lauren Abraham writes, “Self-control helps us to resist temptation and avoid conforming to the things of this world. It guides our decisions, and it correlates with how we show the other fruits in our lives.”

*“Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy— meditate on these things”. Philippians 4:8“*

Self-control is an attitude but what is displayed on the outside reflects what is in our \_\_\_\_\_.

*“Above all else, guard your heart, for everything you do flows from it.” Proverbs 4:23*

The Holy Spirit gives me the \_\_\_\_\_ and \_\_\_\_\_ I could never do on my own.

*“Be filled with the Spirit.” Ephesians 5:18*

*“I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh”. Galatians 5:16*

We are in a battle, against the Spirit and the flesh. But when we walk in the Spirit our desires change. Our eyes become heaven bound, we want to look more like Christ and less like ourselves.

## How do we receive the fruit of the Spirit?

- Knowing \_\_\_\_\_ by tasting and digesting the scripture.

*“Let the word of Christ dwell in you richly.”* Colossians 3:16a

- Spending time with God through fellowshiping with Him; \_\_\_\_\_ to Him and \_\_\_\_\_ to His voice.

*“The Lord said, ‘Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by.’ Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper.”* 1 Kings 19:11-12 (NIV) (some verses say, “a still small voice”)

- Continuous \_\_\_\_\_ with the help of the Holy Spirit.

Tenth Step Nightly Inventory that goes something like this.

1. Was I resentful today? Definition: holding a grudge against someone or something for a real or imagined injustice?
  2. Was I dishonest?
  3. Did I promptly admit when I was wrong today?
  4. Do I owe anyone an apology?
  5. Did I do or say something today out of fear?
  6. Have I kept something to myself which should be discussed with another person at once?
  7. Did I think today of what I could do for others?
  8. Was I kind and loving towards all?
  9. Did I reach out to someone today to see how they were doing?
  10. Did I take time to connect with God through prayer and meditation today?
- \_\_\_\_\_ and \_\_\_\_\_ with other believers through Bible studies, fellowship, church meetings, eat together and other outside activities.

Fellowship helps us grow, it gives us accountability, and we can help serve each other.

*“Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.”*

Ecclesiastes 4: 9-10

*“As iron sharpens iron, so a friend sharpens a friend.”* Proverbs 27:17

In conclusion, the fruit of the Spirit is an outpouring of what is in our hearts. Does this mean as Christian we will automatically display these virtues? No, but as we continue down this path we should look more like Christ and less of ourselves in our flesh desires.

- Seek God
- Read His Word
- Spend time with God through prayer and listening to Him
- Examine your heart daily
- Stay in fellowship with other Christians

*“...make every effort to supplement your faith with virtue, and virtue with knowledge, and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness, and godliness with brotherly affection, and brotherly affection with love. For if these qualities are yours and are increasing, they keep you from being ineffective or unfruitful in the knowledge of our Lord Jesus Christ.” 2 Peter 1:5-9*

Apps to help with your daily walk.



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