

# **The Fruit of the Spirit is SELF-CONTROL**

Text: **Galatians 5:22-23 \***

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## **Introduction**

A. The fruit of the Spirit is self-control

**Gal. 5:16-25**  
**Prov. 25:28, TLB**

B. The damage that comes when things are “out of control”

- 1) Uncontrolled anger (Prov. 29:11)
- 2) Uncontrolled lust and passion (Prov. 5:23)
- 3) Uncontrolled spending (Prov. 21:20)
- 4) Uncontrolled drinking (Prov. 23:29-35)
- 5) Uncontrolled ambition (Prov. 23:4)
- 6) Uncontrolled tongue (Prov. 13:3; Jam. 3:5-6)

C. Let’s think of self-control in terms of the following three areas...

## **I. Demonstrate Self-Control by Honoring God with Your**

- Study the principles of expediency, enslavement, edification

**1 Cor. 6:20**  
**1 Cor. 10:31**  
**Matt. 7:5**  
**1 Cor. 6:19**  
**Prov. 23:2**  
**1 Cor. 10:31**  
**Prov. 23:29-35, NLT**  
**Eph. 5:18**  
**1 Cor. 6:12**  
**1 Cor. 10:23-33**  
**Heb. 13:4**  
**2 Tim. 2:22**  
**Gen. 39:1-10**  
**Rom. 13:14, KJV**  
**1 Thess. 4:3-5**  
**Rom. 12:1-2**

## **II. Demonstrate Self-Control by Taking Every Captive**

**2 Cor. 10:3-5**  
**Psalm 139:2, 4**  
**Psalm 19:14, NLT**  
**Phil. 4:8**

## **III. Demonstrate Self-Control by Managing Our**

**Prov. 16:32**  
**Prov. 16:32, NLT**  
**Psa. 119:165, KJV**  
**Psa. 119:165**

## **Conclusion**

**Titus 2:11-12**  
**1 Cor. 9:24-27, ESV**  
**Gal. 2:20**

Recommended reading available at [Christianbook.com](http://Christianbook.com):

- *The Fruitful Life: The Overflow of God's Love Through You* by Jerry Bridges
- *The Fruit of the Spirit: Becoming the Person God Wants You to Be*  
by Thomas E. Trask & Wayde I. Goodall
- *Living in the Spirit: Drawing Us to God, Sending Us to the World*  
by George O. Wood

\*All Scripture passages are New International Version (NIV) unless otherwise noted.