

1 Proverbs 25:28 What happens when self-control is missing?	2 2 Timothy 1:7 How does the Spirit enable self-control?	3 Titus 2:11-12 What does God's grace teach us to say "No" to?	4 Romans 8:5-6 What is your mind set on today?	5 Romans 8:12-14 What does it mean to be led by the Spirit?	6 Galatians 5:16 Where do you need to walk by the Spirit?	7 Philippians 2:12-13 How is God working within you?
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Focus: Under the Spirit's control. Self-control begins with surrender to the Holy Spirit.

Reflection: What area of your life is hardest to surrender?

Action: Begin each day by asking the Spirit to direct your choices.

8 1 Corinthians 9:24-27 Where do you need greater discipline?	9 1 Corinthians 6:19-20 How can you honor God with your choices?	10 Proverbs 16:32 Why is self-control greater than physical strength?	11 1 Timothy 4:7-8 How are you training yourself in godliness?	12 Hebrews 12:11 What discipline is producing fruit in you?	13 Psalms 119:9-11 How does God's Word guard your choices?	14 Romans 12:1-2 What needs to be surrendered to God?
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Focus: Training ourselves in godliness. Spiritual discipline trains us to choose what honors God.

Reflection: Where have you become spiritually undisciplined?

Action: Practice one intentional discipline this week.

15 James 1:19-20 What reaction do you need to control?	16 Proverbs 15:1 Can you choose gentleness instead of anger?	17 Proverbs 29:11 Do you control your feelings - or vent them?	18 Ephesians 4:26-27 How quickly do you deal with anger?	19 James 3:2-5 How disciplined are your words?	20 Psalms 141:3 Where does your mouth need a guard?	21 Philippians 4:8 Are your thoughts worthy of your attention?
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Focus: Controlling our reactions and words. Self-control is often revealed in how we respond under pressure.

Reflection: What usually happens when you are frustrated or hurt?

Action: Pause and pray before responding.

*"God has not given us a spirit of fear,
but of power
and love
and a sound mind."
2 Timothy 1:7*



22 2 Corinthians 10:5 What thought (or thoughts) need to be taken captive?	23 Colossians 3:1-2 Where are you setting your mind?	24 1 Corinthians 6:12 What has too much control over you?	25 Titus 2:11-14 What worldly desire must you refuse?	26 1 Peter 5:8-9 Where do you need to be watchful?	27 2 Peter 1:5-8 How does self-control help spiritual growth?	28 John 15:4-5 Why can't we produce spiritual fruit alone?
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Focus: Guarding our thoughts and desires. What we allow to rule our minds eventually shapes our choices.

Reflection: What competes with God for control of your heart?

Action: Bring one recurring thought or desire under Christ's authority.

29 Romans 6:12-13 What part of your life needs to be yielded to God?	30 Colossians 1:9-11 Whose strength enables faithful living?	31 Philippians 1:6 How is God changing you? Is He becoming more visible in your life?				
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Focus: Walking by the Spirit. Self-control is not self-reliance; it is a surrendered life.

Reflection: How has the Spirit changed you through these months?

Action: Continue walking daily in dependence upon Him.

What is Biblical Self-Control?

Biblical self-control is the Spirit-enabled discipline to govern our thoughts, desires, words, emotions and actions so they are brought into obedience to Christ. It is not willpower or trying harder to behave. Neither does being "under the control of the Spirit" mean that we become passive and God does everything for us. There is a beautiful partnership:

The Holy Spirit supplies the power; we respond with obedience and discipline.

Paul could therefore say both:

"Walk in the Spirit and you shall not fulfill the lust of the flesh." (Galatians 5:16)

and

"I discipline my body and bring it into subjection." (1 Corinthians 9:27)

The Spirit produces the fruit, but we must choose to walk with Him. Self-control is our life increasingly brought under His control.

One Fruit – A Life Being Changed by the Spirit

Over these past months, we have looked individually at each quality Paul names in Galatians 5:22-23. Yet Scripture calls them collectively "the fruit of the Spirit."

They are not nine unrelated qualities that we try to manufacture on our own. Together they reveal the character the Holy Spirit is forming within those who belong to Christ.

LOVE ---choosing to seek the good of others as Christ has loved us.

JOY ---a deep gladness rooted in God rather than our circumstances.

PEACE --- resting in God and allowing His peace to shape our hearts and relationships.

PATIENCE --- enduring delays, difficulties, and people without giving way to anger.

KINDNESS --- treating others with compassion, tenderness, and practical care.

GOODNESS --- choosing what is morally right and pleasing to God.

FAITHFULNESS --- remaining dependable, steadfast, and true to God and to our commitments.

GENTLENESS --- strength surrendered to God and expressed with humility and tenderness.

SELF-CONTROL --- Spirit-enabled discipline that brings our thoughts, desires, words, and actions under Christ's authority.

The goal of our study was never simply to learn nine definitions. It was to ask God to grow His fruit in us. As we abide in Christ and walk by the Spirit, He changes the way we love, the source of our joy, the peace with which we live, the patience we extend, the kindness and goodness we show, the faithfulness with which we serve, the gentleness with which we respond, and the self-control with which we live.

The fruit is His work in us, but we are called to yield, obey, abide, and walk with Him.

"If we live in the Spirit, let us also walk in the Spirit."
Galatians 5:25

Final Reflection

As you look back over these nine qualities, where have you seen the Holy Spirit changing you?

Which fruit still needs His special attention in your life?

What will you take with you from this study as you move forward?

Father, thank you for the work of Your Holy Spirit within us. Continue to form the character of Christ in our lives. Teach us to abide in You, yield to your Spirit, and obey Your Word. May Your love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control become increasingly evident in us, so that others may see Christ through the way we live. We ask this in the name of our Lord and Saviour, Jesus Christ. Amen.

