

# FRUIT of the Spirit: Self-Control

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## *Prayer for the Fruits of the Spirit*

*O Bounteous Spirit, we ask you to bring forth in our lives your fruits: the fruit of love, so we may love you above all things and all others for your sake; the fruit of joy, that we may find our delight in your service; the fruit of peace, that we may be pardoned through your mercy and find our rest in your love; the fruit of long-suffering, so that we may bear with patience all afflictions; the fruit of gentleness, that we may subdue all anger and take calmly and sweetly all trials and provocations; the fruit of meekness, that we may forgive freely all who hurt us and endure with patience all burdens that are laid upon us; the fruit of temperance, that we may restrain all desires and bring them into the subjugation of your holy will. Amen.*

## **What is Self-Control?**

- ❖ Greek root of “*self-control*” implies self-restraint of one’s desires. The “*object of control*” -our passions, appetites, pleasures, desires, impulses, all that is physical, sensual, and sexual. This includes everything we see, hear, touch think about, and hunger for.
- ❖ Describes the person who has mastered her desires and love of pleasure [Plato].
- ❖ Self-control is the controlling power of the will under the operation of the Spirit of God.
- ❖ The ability to keep one’s self in check.

## **What Does Self Control Do?**

- ❖ Self-control controls and checks the self
- ❖ Self-control restrains the self.
- ❖ Self-control disciplines and masters the self.
- ❖ Self-control holds in and commands the self.
- ❖ Self-control says, “*NO!*” to self.

## **What Does Self-Control Not Do?**

- ❖ Self-control does *not* yield to temptation.
- ❖ Self-control does *not* give in to desires.
- ❖ Self-control does *not* participate in sin.
- ❖ Self-control does *not* indulge itself.
- ❖ Self-control does *not* satisfy itself.

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*“Don’t do it”*



## Struggling for Self-Control

- ❖ In what ways do you struggle?
  - Thoughts
  - Money
  - Possessions
  - Addictions
  - In what additional areas do you struggle?

## Nurturing Self Control

- ❖ Scripture teaches much about nurturing self-control. These instructions from God’s Word will help you to begin cultivating this important fruit.
  - Begin with Christ. Is He your Lord and Master? *“The beginning of self-mastery is to be mastered by Christ, to yield to his lordship.”* [D.G. Kiehl]
  - Monitor your input. *“I will set no wicked things before mine eyes.”* (Psalms 101:3)
  - Stay busy. *“She looks well to her household, and does not eat the bread of idleness.”* (Proverbs 31:27)
  - Say, “No!” *“Like a city that is broken into and without walls is a man who has no control over his spirit.”* (Proverbs 25:28)
  - Pray!