

# FRUIT OF THE SPIRIT



## Fruit *of* *the* Spirit

evidence that God is at work in your life

# FRUIT OF THE SPIRIT

- **Galatians 5:22-23** — *“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.”*

# FRUIT OF THE SPIRIT

- God the Father wants to transmit and impart **9 specific elements** of the fruit of the Holy Spirit up into our personalities

# FRUIT OF THE SPIRIT

- God wants all of us to enter into a true sanctification process with Him so that He can begin the process of molding, shaping, and transforming us into the express image of His Son Jesus Christ

# FRUIT OF THE SPIRIT

- When we're filled with the Holy Spirit we'll evidence the **fruit of the Spirit** in our lives

# FRUIT OF THE SPIRIT

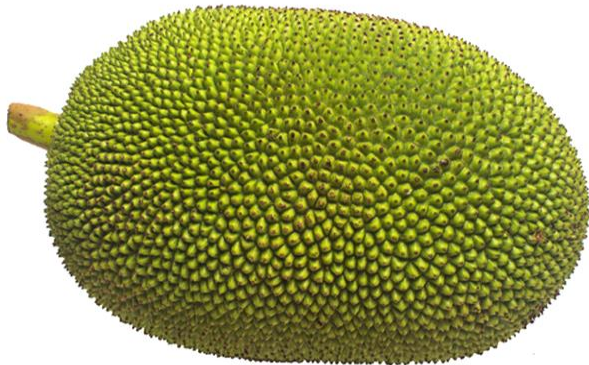
THE FRUIT OF THE SPIRIT IS

# SELF-CONTROL



# SELF-CONTROL

- Is the hardest element of the Fruit of the Spirit to achieve



## SELF-CONTROL

- But the greatest things about Self-Control is that once you crack open the skin, the tasty fruit inside can be enjoyed
- This is one element of the fruit that will be worth the effort to obtain



# DEFINITION OF SELF-CONTROL

- Greek “**egkrateia**” means “**in-holding**” meaning “**to grip**” or “**to take hold of**”
- It describes a person who is willing to get a grip on their lives and take control of the areas that will bring them success or failure

# DEFINITION OF SELF-CONTROL

- It is the power to keep oneself in check
- It is the quality that gives victory over fleshly desires
- It is used of the athlete's discipline of his body (**Corinthians 9:25**)

EVERYONE WHO COMPETES IN THE GAMES GOES INTO

**STRICT TRAINING**

THEY DO IT TO GET A CROWN THAT WILL NOT LAST;

BUT WE DO IT TO GET A CROWN THAT WILL

**LAST FOREVER**

*1 Corinthians 9:25*



# DEFINITION OF SELF-CONTROL

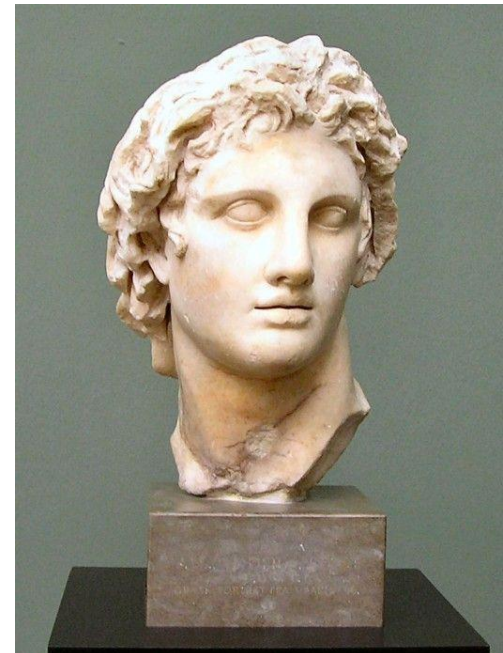
- It is used of the Christian's mastery of sex (**I Corinthians 7:9**)

**But if they do not have self-control, let them marry; for it is better to marry than to burn with passion.**

**— 1 Corinthians 7:9 (NASB®)**

# DEFINITION OF SELF-CONTROL

- Secular Greek uses it of the virtue of an Emperor who never lets his private interests influence the government of his people



## DEFINITION OF SELF-CONTROL

- ***"Self-control is that great quality which comes to a man when Christ is in his heart, that quality which makes him able to live and to walk in the world, and yet to keep his garments unspotted from the world."*** –  
**William Barclay**

# DEFINITION OF SELF-CONTROL

- Anything uncontrolled can harm you and your relationships
- ***“In reading about the lives of great people, I found that the first victory they won was over themselves***  
– **John Maxwell**





## DEFINITION OF SELF-CONTROL

- ***"Looking back, my life seems to be one long obstacle course, with me as the chief obstacle."***  
– **Jack Paar**

# AREAS FOR SELF-CONTROL

- **Anger** – **Proverbs 29:11**



# AREAS FOR SELF-CONTROL

- **Lust** – **Proverbs 6:26**

“For by means of  
a harlot, a man is  
**REDUCED**  
to a crust of bread;  
And an adulteress  
will prey upon  
his precious  
**LIFE.**”



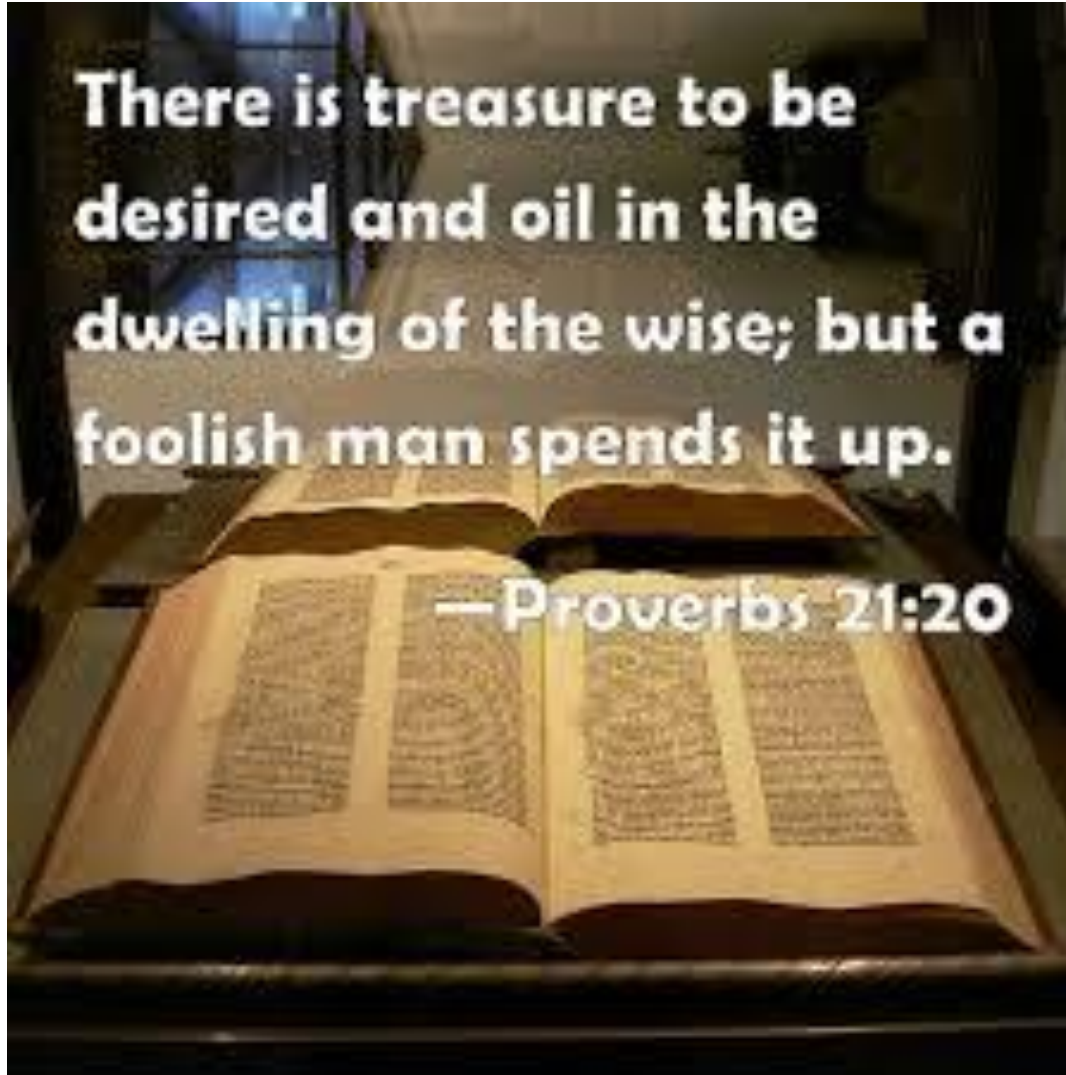
PROVERBS 6:26

# AREAS FOR SELF-CONTROL

- **Spending** – **Proverbs 21:20**

There is treasure to be  
desired and oil in the  
dwelling of the wise; but a  
foolish man spends it up.

—Proverbs 21:20



# AREAS FOR SELF-CONTROL

- **Drinking** – **Proverbs 23:29-35** –

*“Who has woe? Who has sorrow? Who has strife? Who has complaints? Who has needless bruises? Who has bloodshot eyes? Those who linger over wine, who go to sample bowls of mixed wine.*

## AREAS FOR SELF-CONTROL

- **Drinking** – **Proverbs 23:29-35** –

*“Do not gaze at wine when it is red, when it sparkles in the cup, when it goes down smoothly! In the end it bites like a snake and poisons like a viper. Your eyes will see strange sights, and your mind will imagine confusing things.*

# AREAS FOR SELF-CONTROL

- **Drinking** – **Proverbs 23:29-35** –  
*“You will be like one sleeping on the high seas, lying on top of the rigging. “They hit me,” you will say, “but I’m not hurt! They beat me, but I don’t feel it! When will I wake up so I can find another drink?””*



# AREAS FOR SELF-CONTROL

- **Ambition** – **Proverbs 23:4**

Do not wear yourself out to get rich;  
do not trust your own cleverness.

**Proverbs 23:4**



# THE MARKS OF A SELF-CONTROLLED LIFE

## 1 CORINTHIANS 9:24-27

“<sup>24</sup> Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! <sup>25</sup> All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize.

<sup>26</sup> So I run with purpose in every step. I am not just shadowboxing. <sup>27</sup> I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.”

## THE MARKS OF A SELF-CONTROLLED LIFE

- **A self-controlled life is lived with purpose (1 Corinthians 9:24-26)** – Run to win
- Winners do not put in half-hearted efforts, they give it their all
- A life without purpose is a life without self-control because there is nothing to anchor to

## THE MARKS OF A SELF-CONTROLLED LIFE

- **A self-controlled life is lived with discipline (1 Corinthians 9:27)** – Paul was not going to let the appetites of the body ruin his ministry
- If we are not disciplined enough to set aside time for God, we will not grow

## THE MARKS OF A SELF-CONTROLLED LIFE

- **A self-controlled life is lived with discipline (1 Corinthians 9:27)** – We will live with an empty faith, void of any power because we were not disciplined enough to read, pray, study and serve

## THE MARKS OF A SELF-CONTROLLED LIFE

- **A self-controlled life is lived in submission to something greater than self (1 Corinthians 9:27)** – As Christians, the key to self-control is submitting ourselves to the Lordship of Jesus in our lives





## Romans 12:1-2 (NIV)

*"Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is-his good, pleasing and perfect will."*

## THE MARKS OF A SELF-CONTROLLED LIFE

- **A self-controlled life is lived in submission to something greater than self (1 Corinthians 9:27; Romans 12:1-2)** – The very act of presenting your body to God is an act of self-control!

## THE MARKS OF A SELF-CONTROLLED LIFE

- **A self-controlled life is lived in submission to something greater than self (1 Corinthians 9:27; Romans 12:1-2)** – You have a higher calling than just satisfying the appetites of the flesh



# AREAS WHERE THIS FRUIT SHOULD BE EXPRESSED

- In our bodies (1 Corinthians 9:27)

**But I keep under my  
body, and bring it into  
subjection: lest that by  
any means, when I have  
preached to others...**

**—1 Corinthians 9:27**

# AREAS WHERE THIS FRUIT SHOULD BE EXPRESSED

- In our minds (II Corinthians 10:5)

*We demolish arguments  
and every pretension  
that sets itself up against  
the knowledge of God,  
and we take captive  
every thought to make it  
obedient to Christ.*

2 Corinthians 10:5

*CrystalStoneware*

# AREAS WHERE THIS FRUIT SHOULD BE EXPRESSED

- In our tongues (II Corinthians 10:5)

## JAMES 3:7-8

<sup>7</sup> All kinds of animals, birds, reptiles and sea creatures are being tamed and have been tamed by mankind,  
<sup>8</sup> but no human being can tame the tongue. It is a restless evil, full of deadly poison.

**THE END**

**THE FRUIT OF  
THE SPIRIT**