

Fruit of the Spirit – Self-Control

Galatians 5:22-23

I. What Self-Control Really Means

1. True self, not flesh – Galatians 5:16-17, 24-25
2. Mastery, not dominion – Galatians 5:1
3. Response, not reaction – James 1:19
4. Discipline, not compulsion

II. Why We Need Self-Control

1. Conflicting desires and passions – Romans 7:15
2. Important for leadership – 1 Timothy 3:2-3

III. Cultivating self-control – Galatians 5:24-25

1. **Lean into Christ Jesus because you belong to him** – Galatians 5:24, Colossians 2:21-3:2
 - The true source of satisfaction – Isaiah 55:2
 - Trust God wants to satisfy your good desires with good things – Psalm 37:3-4
 - Focus on desiring God – Psalm 73:25, Mark 12:30
2. **Crucify your sinful desires** – Galatians 5:24
 - Differentiate worldly desires vs Godly desires – Proverbs 18:1
 - Identify and confess the sin – 1 John 1:9
 - Reject the lie and seek the truth – John 8:31-32
3. **Live by the Spirit's power** – Galatians 5:25
 - Only possible with God's Spirit – Ephesians 6:10
4. **Keep in step with the Spirit's leadership** – Galatians 5:25

Fruit of the Spirit – Galatians 5:22-23, modified from Timothy Kellor

Love – An unconditional love and affection that selflessly serves others for their good.

Opposite: Selfish affection or fear which results in abuse.

Counterfeit: Selfish affection where you love someone for what they give you physically or how they make you feel emotionally.

Joy – Taking a deep delight in God himself and satisfaction in your life regardless of outer circumstances.

Opposite: Hopelessness and despair in life

Counterfeit: Happiness or elation because of favorable circumstance that creates mood swings.

Peace – An inner stillness and confidence in God's wisdom and control in life, even when facing trouble.

Opposite: Anxiety and worry

Counterfeit: Apathy or not caring either way about something

Patience – The capacity to endure opposition or difficulty without overreacting because one trusts God to handle it.

Opposite: Resentment toward God or others which causes us to react to them.

Counterfeit: Holding them in contempt or just indifference

Kindness – A compassionate and humble heart that graciously meets the needs of others. Having a deep inner security.

Opposite: Envy or resentment which leaves us with an attitude of not caring, or one that leads us to treat others severely.

Counterfeit: Doing good for others so we can feel proud of who we are and more acceptable to God.

Goodness (i.e. integrity) – Zealously doing what is needed for the good of others. This even includes correcting someone, but with loving wisdom.

Opposite: Being truthful but not loving in our actions towards others.

Counterfeit: Doing things to make ourselves look better

Faithfulness – Being utterly reliable and true to our word because we are driven by principle. This produces loyal commitments.

Opposite: Commitments based only on immediate self-interests.

Counterfeit: Being loving but not truthful, because of an unwillingness to confront or challenge others.

Gentleness – The right use of power for the benefit of others or to put it another way “God's strength wrapped in humility.”

Opposite: Self-centered use of power that forces its way through life.

Counterfeit: Inferiority: self-absorption, self-consciousness

Self-Control – The power the Holy Spirit gives us to master godly things instead of giving into human impulses and desires that enslave us.

Opposite: Impulsive or uncontrolled reaction to things or people.

Counterfeit: Exercising our own willpower out of pride or the need to feel in control (Col. 2:23)