

**AGAPE HOUSE OF WORSHIP
WEDNESDAY BIBLE STUDY**

Study Series: The Fruit of the Spirit

Wednesday, August 23, 2023

Lesson 10 – Self-Control

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Texts: Gal.5:23, Prov.25:28

| The Nine Elements of the Fruit of the Spirit | | |
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| 1 | Love | Love (Agape) is the kind of love God has for His creation. It is pure, selfless and self-sacrificing; seeking the best for others (even enemies) at all times, at all costs. |
| 2 | Joy | The joy here is much deeper than a sense of happiness or gladness from life's circumstances. It is a profound delight and rejoicing that comes from knowing and serving God. |
| 3 | Peace | Peace is an unshakeable inner calm that can be a rare quality in turbulent times. |
| 4 | Forbearance | Also called longsuffering, forbearance has the common synonym "patience." It also means to delay repayment of a debt. |
| 5 | Kindness | Kindness is looking beyond our interests to the interests of others. |
| 6 | Goodness | This fruit of the Spirit is an attribute of action. It means living one's life with good morals and motives as well as doing good things for others. |
| 7 | Faithfulness | Faithfulness is steadfastness, constancy, or allegiance; it is carefulness in keeping what we are entrusted with. |
| 8 | Gentleness | Gentleness is the quality of being kind and careful. The way a Christian engages with others is what the fruit of gentleness is all about. |
| 9 | Self-control | Ability to control our thoughts, emotions, and actions. |

Self-Control: Gal.5:22-23 **"But the Holy Spirit produces this kind of fruit in our lives:** love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control". NLT

"But when the Holy Spirit controls our lives he will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness and self-control; and here there is no conflict with Jewish laws". Gal.5:22-23 Living Bible.

What is Self-Control? Self-control, according to Gal.5:23, is a product of having the Holy Spirit.

Strong's Concordance defines "self-control" – as **"egkrateia"** which means **proceeding out from within oneself, but not by oneself.** Self-control must be in me, it can't be altered by what is around me. **Self-control** is the ability to **resist temptation** and to **bring our thoughts, actions and emotions** under the control of the Holy Spirit, rather than giving in to the desire of the flesh. *What does this mean?*

To exercise self-control is to **discipline ourselves, set boundaries, and rule over our actions.**

A lack of self-control, leads to the free reign of fleshly, worldly patterns that end up exercising control over us. *What is one area of your life that is succeeding in the exercise of self-control? What is one area that is lacking self-control, in which you desire to grow?* Self-control is a necessary protection against sin and temptation.

Biblical examples of people that struggles with self-control: King Saul 1 Sam.13:8-14, Adam & Eve Gen.3:6, Moses, Judas Iscariot etc.

Who in the bible had self-control? Name and text reference. (e.g. David 1 Sam.24) David showed self-control because he knew that God still wanted Saul to be king. David said to Saul, "For by the fact that I cut off the corner of your robe and did not kill you, you may know and see that there is no wrong or treason in my hands. I have not sinned against you, though you hunt my life to take it. May the LORD judge between me and you, may the LORD avenge me against you, but my hand shall not be against you." (1 Sam. 24:11–12).

How do we resist or overcome Temptation

1. **Expect Trials and Temptations:** Be prepared for it, HOW?; while we are still in this earthly body we will be tempted just as Jesus was. “Beloved, don’t be astonished at the fiery trial which has come upon you, to test you, as though a strange thing happened to you” (I Pet. 4:12)., “Bring us not into temptation” (Matt. 6:13).
2. **It is a battle:** We are at war with our own sinful desires. It can be hard and frustrating, but you must take position in the spirit (Fight the good fight of faith 1 Tim,6:12). As Paul said, “For I delight in God’s law after the inward man, but I see a different law in my members, warring against the law of my mind, and bringing me into captivity under the law of sin which is in my members. What a wretched man I am! Who will deliver me out of the body of this death? I thank God through Jesus Christ, our Lord! **So then with the mind, I myself serve God’s law**, but with the flesh, the sin’s law” (Rom.7:22-25). 2 Tim.2:4. **Be aware of the dangers of lack of self-control.** Matt.5:29-30
3. **You Have Power In Christ:** The battle might be hard, but you are strong enough in Christ. *Jesus has won the battle, removed sin’s power, and empowered you to make the right choices.* “Knowing this, that our old man was crucified with him, that the body of sin might be done away with, so that we would no longer be in bondage to sin” (Rom. 6:6). “I can do all things through Christ who strengthens me” (Phil. 4:13, NIV).
4. **You never have to battle alone.** The Holy Spirit will help you overcome temptation “But I say, walk by the Spirit, and you won’t fulfill the lust of the flesh,” (Gal.5:16). God is faithful, who will not allow you to be tempted above what you are able but will with the temptation also make the way of escape, that you may be able to endure it” (I Cor. 10:13).
5. **Prayer is your weapon.** When you feel like you are struggling with self-control, pray to be rescued from temptation. In the Lord’s prayer, Jesus taught us to pray, “And lead us not into temptation, but deliver us from the evil one” (Matt. 6:13, NIV).
At the Garden of Gethsemane, Jesus encouraged the disciples who were struggling to be there for Jesus as he had asked them to, saying, “Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak” (Matt. 26:41, NIV).

Practical Steps to Take:

Step 1. **Renew your mind through God’s Word.** “Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect” (Rom.12:2).

Step 2. **Pray for the Holy Spirit’s help.** “I do not cease to give thanks for you, remembering you in my prayers, that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of him...and what is the immeasurable greatness of his power toward us who believe” (Eph. 1:16,17-19).

Step 3. **Confess your habits to God and others.** “But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin” (1 John 1:7).

Step 4. **Identify and remove your triggers.** “...put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness” (Eph.4:22-24).

Step 5. **Remember the gospel when you fail.** “Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need” (Heb.4:16).

Exercising self-control keeps our enemy from gaining a foothold over us, and it keeps sin from having the upper-hand in our **thoughts, words, and actions**. If we do not discipline ourselves and rule over our own actions, we leave ourselves vulnerable to temptation, the influence of the world and the enemy, and, consequently, sin. “*A person without self-control is like a city with broken-down walls*” Pro.25:28