

ESSENTIAL FRUIT NONESSENTIAL FRUSTRATION

"Rotten Apples to Cherry On Top—Self-control"

Galatians 5:22-23; Other Passages

Series Introduction: The Fruit of the Spirit is a picture of spiritual qualities that are reflected in the personality and relationships of the believer. The Biblical goal for every believer is for the spiritual fruit to ripen in their lives.

The Process of Fruit-Bearing:

- **Planting**—the Word of God
- **Cultivating**—nourishing & pruning
- **Producing**—for consumption & propagation

Introduction: Without self-control a person faces ruin. A ruined life ruins other lives. A lack of self-control leads to the worst kinds of dysfunction.

Definitions of Self-Control:

- 1) It is saying no to all that God forbids and yes to all that He ordains.
- 2) It is bringing one's desires, appetites, passions, and impulses under the authority of God's Word, surrendered to the control of the Holy Spirit and accountable to another of like faith.
- 3) It is also the discipline to abide in that place.

How Self-Control is Contrasted

- Works of The Flesh—out of control
(*Galatians 5:19-21*)

*"Like a city whose walls are broken down
is a man who **lacks self-control.**"*

(Proverbs 25:28)

- Works of The Spirit—in control (*Gal 5:22-23*) (*2 Peter 1:5-11*)

How Self-Control is Presented

- Not Indulging Oneself But Denying Oneself

"Then Jesus said to His disciples,

'If anyone desires to come after Me,

let him deny himself,

and take up his cross,

and follow Me.'"

(Matthew

16:24)

- Not Self-Effort But Surrender (*Colossians 2:13, 20-3:3*)

"Not by might nor by power,

but by My Spirit,

says the LORD of hosts."

(Zechariah 4:6)

How Self-Control is Used

To Overcome:

--thoughts of negativity, envy, worry

--emotions of anger, jealousy, hatred

--desires of gluttony, greed, sexual immorality

- Recognize—the deception

Speaking of God's truth

*"...are some things hard to understand,
which untaught and unstable people*

*twist to their own destruction,
as they do also the rest of the Scriptures."*

*(2 Peter
3:16b)*

- Realize—the truth & the consequences

*"For the wrath of God
is revealed from heaven against all ungodliness
and unrighteousness of men,
who suppress the **truth** in unrighteousness."*

(Romans 1:18)

- Repent—asking for forgiveness from God

*"Therefore and be converted,
that your sins may be blotted out,
so that times of refreshing may come
from the presence of the Lord."*

(Acts 3:19)

*"In Him we have redemption
through His blood,
the **forgiveness** of sins,
according to the riches of His grace."*

(Ephesians 1:7)

- Renounce It—to the enemy, the world & the flesh

*"But we have **renounced**
the hidden things of shame,
not walking in craftiness
nor handling the word of God deceitfully,
but by manifestation of the truth
commending ourselves
to every man's conscience
in the sight of God."*

(2 Corinthians 4:2)

- Rely—on the Holy Spirit

*"But the Helper, the **Holy Spirit**,
whom the Father will send in My name,
He will teach you all things,
and bring to your remembrance
all things that I said to you."*

(John 14:26)

How Self-Control is Illustrated (1 Corinthians
9:24)

Three Stages of Self-Control:

- Training-Discipleship (1 Corinthians 9:25)
- Competing-Living Intentionally (1 Corinthians
9:26)
- Winning-Staying the Course (1 Corinthians
9:27)

*"I have fought the good fight
I have finished the race
I have kept the faith." (2
Timothy 4:7)*

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Application: The very concept of "self-control"
implies a battle between a divided "self".

-John Piper

*"And those who are Christ's **have crucified the
flesh with its passions and desires**. If we live
in **the Spirit**, let us also walk in **the Spirit**."
(Galatians 5:24-25)*

Are you walking in the Spirit? If so, it will be
evident your life will produce fruit.