



FRUIT — of the — SPIRIT

Fruit Nine | Self-Control

How Do We Define It?

Restraint of personal desire and worldly temptations of the flesh in order to pursue the prize of the Spirit-filled life.

What Does It Look Like?

Romans 6:16-23

1. Being mastered by the Spirit, not our sinful nature.
2. Facing our wild desires and bringing them under the Spirit's control.

How Do We Do It?

Let the Spirit guide and rule human desires and passions.

Let's Unpack It

- How does our culture promote and reward a lack of self-control, and what are the effects?
- How does contentment in God's provisions allow you to have more self-control?
- What areas of your life lack self-control? Who do you need to confess that to?
- Why can it be easier to "list switch" rather than truly pursuing a submission to the Spirit?
- What things do you need to put a stop to, and what things do you need to start in order to develop Godly self-control in your life?
- How does replacing "self-control" with "Spirit-control" provide a greater picture of what this fruit is calling us to?