



FRUIT OF THE SPIRIT

Self-Control

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Let's look at what the Bible has to say about self-control. How do we know it's important to God?
First, there are 52 verses that talk about self-control. We are going to take a deeper look at 5 of them.

Proverbs 25:28 A man without self-control is like a city broken into and left without walls.

"A city broken into and left without walls" You are vulnerable and exposed to evil thoughts and temptations when you are without self-control. How can you keep yourself guarded by being composed? *See Colossians 4:6*

1 Corinthians 9:25 Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable.

Think of the self-control an athlete has. All the things they give up or refrain from just to win an award or trophy. One that can break or be lost or stolen. How much more important must it be to practice self-control for God - for eternal life with Him? *See Matthew 25:46*



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2 Timothy 1:6-7 For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands, ⁷ for God gave us a spirit not of fear but of power and love and self-control.

God never made us to fear things. He made us to be strong and confident in Him. If we are confident in Him - He will give us the self-control. What are some ways you can strengthen yourself with God? Grow closer to Him?
See Romans 12:3, 1 Timothy 3:2, Titus 1:8, 2:2

2 Peter 1:5-8 For this very reason, make every effort to supplement your faith with virtue, and virtue with knowledge, ⁶ and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness, ⁷ and godliness with brotherly affection, and brotherly affection with love. ⁸ For if these qualities are yours and are increasing, they keep you from being ineffective or unfruitful in the knowledge of our Lord Jesus Christ.

God gives His children a very specific plan of action here. He really lays out for us what He expects and how we are to do it. Where is there an area in your life that you are not following this plan of action? How can you change it?
