

SELF-CONTROL



Prov.
25:28

WEEK 9

Scripture tells us that our fleshly desires are continually and constantly at odds with God's Spirit, always wanting to be in charge. Self-control is the exercise of inner strength, under the direction of wise and sound judgment, with the help of the supernatural power of the Holy Spirit that allows us to both think and act in ways that are pleasing to God.

Personal Reflection: Do you allow fleshly desires to control your life, or do you allow the Spirit to direct you in your thoughts, words, and deeds? Is there an area of your life where you are "out of control" right now and you need the power of the Holy Spirit to help you?

SCRIPTURE ✨

“Like a city whose walls are broken through is a person who lacks self-control.”



ASK ✨

- What do you learn about God and self-control in this passage?
- Where do you see Jesus demonstrating this fruit of the Spirit?
- What do you see or learn about yourself?
- What changes (thoughts, beliefs or actions) might God be calling you to make?

NOTES ✨

CULTIVATE

Jesus spoke in Matthew 13 of different types of soil. God wants us to till the soil of our hearts so that we would be receptive to the seed of his Word and bear fruit. Before digging into Scripture, prepare your heart by asking the Holy Spirit to help your heart receive and respond to His Word.

PLANT

Read the Scripture passage. Feel free to mark up the passage, highlighting key words or phrases.

MEDITATE & MEMORIZE:
Choose a key verse that the Holy Spirit reveals to you and record it below. Commit to memorizing it and spend time this week meditating on it.

GROW

Ask the Holy Spirit to show you the quality of self-control in your life. Consider recent examples. Where did you feel like the Spirit was helping you live this out, rather than times when you allowed your natural, sinful nature to take over?

Matthew 3:8 says, "Produce fruit in keeping with repentance." Is God showing you any areas where pruning is necessary so that you can bear more fruit?

NURTURE*

- In what area do you most often seek instant gratification? This week, ask God to give you strength to consistently resist that "foolish desire" so that you may reap the long-term benefits. Record your story in the harvest section.
- Scripture commands us to teach self-control to each generation. How can you be a better example of this quality to someone younger than you?

HARVEST*

We find various stories in the Bible illustrating these virtues at work in people's lives. Most importantly, these virtues were perfectly displayed in Jesus' life. Your personal story is also important, and it's a testimony to those around you. Reflect back on the quality of self-control in your life and note any changes that the Holy Spirit revealed to you throughout the week. Was anything convicting? Did you make any changes or take any action steps in obedience to the Spirit? How will you be different as a result?

PERSONAL*

**ANSWERED
PRAYERS***

GROUP*

I'M THANKFUL FOR*

SERMON NOTES*