

The Fruit of the Spirit
“Self-Control”
Galatians 5:22–23
August 31, 2025

Sermon Points:

1. The Need for Self-Control

- A Universal Struggle:
 - From clinical disorders (kleptomania, pyromania) to everyday lack of restraint (anger, overeating, screen addiction).
- A Spiritual Fruit:
 - Self-control is not self-salvation but a result of the Spirit’s work in us.

2. Biblical Perspective on Self-Control

- 1 Corinthians 9:24–27:
 - Life as a race requiring discipline and training.
 - Paul’s example: exercising self-control to avoid disqualification.
- Not Self-Abuse, but Stewardship:

· Governing our bodies and actions for Christ’s sake.

3. Key Areas for Self-Control

1. Speech (James 3:3–6):
 - The tongue’s power to destroy or build up.
 - Exercising restraint or courage in speaking truth.
2. Thoughts (2 Corinthians 10:3–5):
 - Taking every thought captive to obey Christ.
 - Rejecting negative self-talk and false narratives about God and self.

4. How Self-Control Grows

- Renewing the Mind (Romans 12:1–2):
 - Transformation begins with aligning our thoughts with God’s truth.
- By the Spirit’s Power:
 - Self-control is a fruit, not a force—it grows as we abide in Christ.

5. The Goal: Christlikeness

- The Full Fruit (Galatians 5:22–23):
 - Self-control completes the character of Christ in us.
- Lived in Community:
 - We help each other grow through accountability and grace.

Personal Notes
