

**The fruit of the Spirit is ... self-control – Galatians 5:22-23**  
*James Muldoon - Carey Baptist Church – 7 August 2016*

---

Introduction

- How does the world view self-control?
- How should Christians view it?
- What will be true if you are self-controlled?

i What is self-control?

- What is the opposite of self-control?
- What is self-indulgence?
- So what is self-control?
- Is this something we have naturally?
- What are three areas where we especially need self-control?
  - (i)
  - (ii)
  - (iii)
- Name a mundane area of life where we desperately need self-control.
- Jot down some sins of speech.
- Which passage talks about how hard it is to restrain our tongues?
- Is there any hope for us in this area?
- What does Proverbs 29:20 warn against?
- What questions should you ask yourself before you speak?
- Name another mundane area of life where we desperately need self-control.
- Which passage talks about how we should view earthly possessions?
- Is there any hope for us in this area?
- How should we view our money?

## ii Where do we see self-control?

- Give three examples of Jesus' self-control.
  - (i)
  - (ii)
  - (iii)
- Why do we need more than an example, though?
- How is Jesus the Saviour?
- What do we need to do?

## iii How do we get self-control?

- How do we cultivate spiritual fruit in general?
- How, according to I Corinthians 9:24-27, should we view ourselves?
- Where should we focus?
- Why will that help us with self-control?
- Who helps us?

## iv Why do we need self-control?

- What warning does Proverbs 25:28 give us?
- How does self-control defend us?
- What will happen if there is a chink in the wall?

## Conclusion

- Will you bring a harvest of self-control to the Lord?