

The Fruit of the Spirit is Self-control

*The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and **self-control**.*

Galatians 5:22,23 (TNIV)

*For the grace of God has appeared that offers salvation to all people. It teaches us to say ‘No’ to ungodliness and worldly passions, **and to live self-controlled, upright and godly lives in this present age....**’ Titus 2:11-12 (TNIV)*

Like a city whose walls are broken through is a person who lacks self-control. Proverbs 25:28 (TNIV)

The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. Galatians 5:19-21 (TNIV)

1. Admit our

When tempted no one should say, ‘God is tempting me.’ For God cannot be tempted by evil, nor does he tempt anyone; but each person is tempted when they are dragged away by their own evil desire and enticed. James 1:13, 14 (TNIV)

2. Stop

But one thing I do: **forgetting what is behind** and straining towards what is ahead, I press on towards the goal to win the prize for which God has called me heavenwards in Christ Jesus. Philippians 3:13,14 (TNIV)

3. Believe

4. Believe

Do not conform to the patterns of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is-his good, pleasing and perfect will.

Romans 12: 1(TNIV)

*religion says become by self-effort what you are not
Christianity says become by grace what you are.*

The name of the Lord is a fortified tower: the righteous run to it and are safe. Proverbs 18:10 (TNIV)

5. We live this way

For we live by faith, not by sight. We are confident, I say, and would prefer to be away from the body and at home with the Lord. So we make it our goal to please him, whether we are at home in the body or away from it. 2 Corinthians 5:7-9 (TNIV)