



LESSON THIRTEEN:

Walking in the Fruit of Self-Control

April Life in the Word Series:
'From Such Turn Away'



FOUNDATION SCRIPTURE

22 Timothy 3:1-5

22 Timothy 3:1-5

But know this, that in the last days perilous times will come: For men will be lovers of themselves, lovers of money, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, unloving, unforgiving, slanderers, without self-control, brutal, despisers of good, traitors, headstrong, haughty, lovers of pleasure rather than lovers of God, having a form of godliness but denying its power.

And from such people turn away!




LESSON THIRTEEN:

Walking in the Fruit of Self-Control



*"We must give up control of self
if we would gain self-control."*



Self-control involves the ability to exercise restraint and moderation in various aspects of life, including our thoughts, words, actions, and desires.



Luke 9:23

**We should deny ourselves and take up our cross daily
and follow Him.**



The fruit of the Spirit is the change in our character that comes about because of the Holy Spirit's work in us.



Philippians 2:13

**It is God who is at work in you, both to will and to work
for His good pleasure.**



*Sin is "filling a legitimate need
through illegitimate means."*



Proverbs 25:28



**A person without self-control is like a city
with broken-down walls.**



*Eight Areas of Walking in the
Fruit of Self-Control*

1. Eating
I Corinthians 10:31





Proverbs 23:20-21

Be not among drunkards or among gluttonous eaters of meat, for the drunkard and the glutton will come to poverty, and slumber will clothe them with rags.

2. Sleeping

Psalm 127:2



3. Thoughts
II Corinthians 10:5



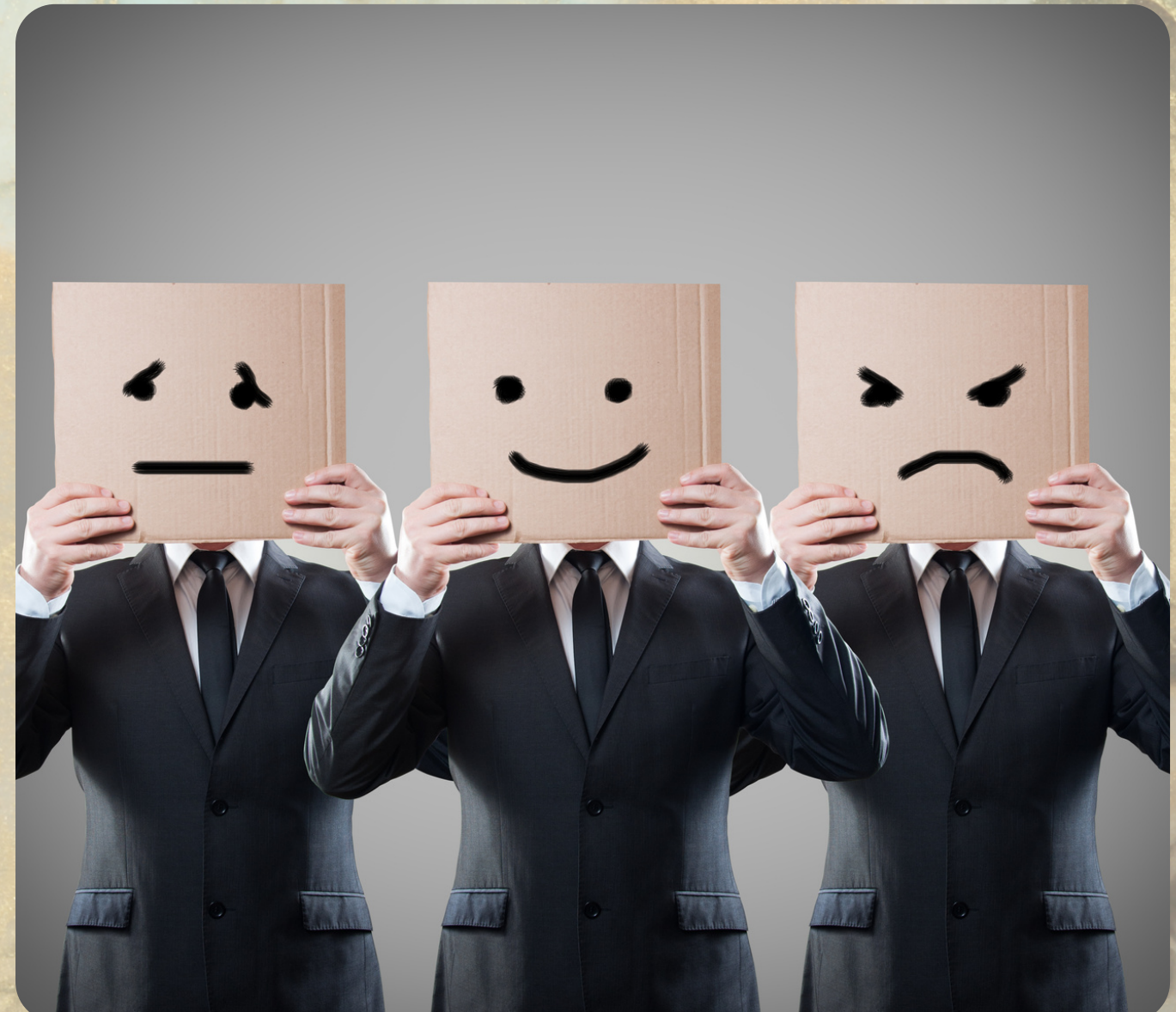


Psalm 19:14

May these words of my mouth and this meditation of my heart be pleasing in your sight, LORD, my Rock, and my Redeemer.

4. Emotions

I Peter 5:8



5. Speech

Ephesians 4:29





Ephesians 4:29

Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear.



Colossians 4:6

Let your speech always be grace, seasoned with salt, so that you may know how you ought to answer each one.

6. Priorities

Ecclesiastes 3:1



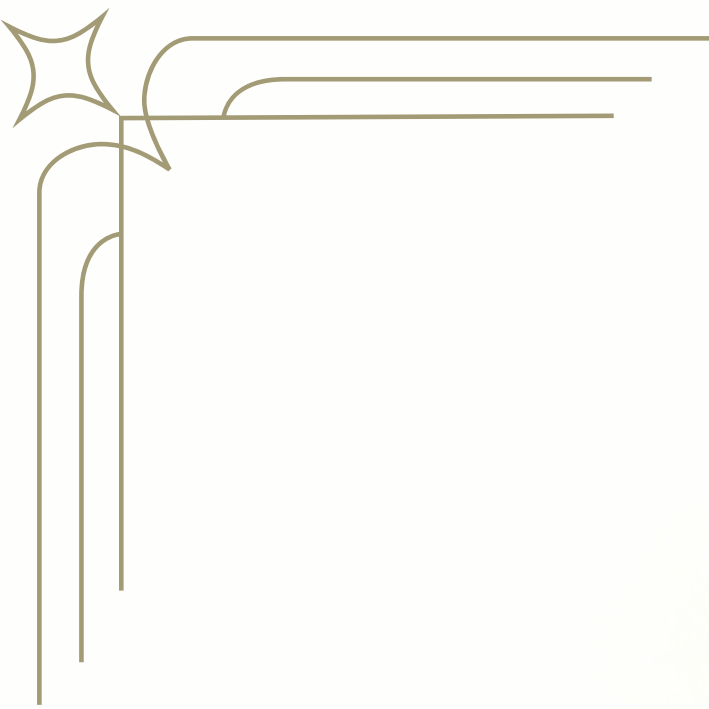
7. Time
Ephesians 5:15-16





Ephesians 5:15-16

**Look carefully then how you walk, not as unwise
but as wise, making the best use of the time,
because the days are evil.**



8. Money





*How to Biblically Cultivate
Self-Control*



1. Prayer



2. Renew Your mind



3. Accountability



4. Fasting



5. Avoid Temptation



6. Mindful Eating



7. Guard Your Speech



8. Cultivate Peace



9. Set Goals



10. Practice gratitude



11. Seek the Holy Spirit's Guidance



12. Repent and Seek Forgiveness



"No diet can give you the Spirit of self-control, only God can do that."

FOLLOW UP CHAT QUESTIONS:

- 1. How would you characterize the Fruit of the Spirit? Where is it mentioned in the Bible?**
- 2. What is meant by the phrase 'a slave to sin?'**
- 3. List way(s) you can avoid the enemy from penetrating your heart.**
- 4. List eight areas in our lives where we should be walking in the fruit of self-control. Explain.**
- 5. List two of the twelve ways you can Biblically improve in cultivating self-control.**
- 6. How can you apply this lesson to your spiritual walk?**