

February 19, 2012  
The Bridge Bible Fellowship  
Pastor Paul S. Brown  
Galatians 5:23

“Walking By The Spirit, Part Thirteen”

- 1) Love – attributing value / worth (not bitterness)
- 2) Joy – exhilaration of the heart (not depression)
- 3) Peace – tranquility of the mind (not anxiety)
- 4) Patience – slow to anger; endure difficult people & circumstances (not anger)
- 5) Kindness – doing something beneficial for someone that hurt you (not stinginess / self-centeredness)
- 6) Goodness – to do what is right and stand for righteousness (not immorality)
- 7) Faithfulness – loyalty; fidelity; trustworthiness; the Spirit-led ability to cling to the Word of God as the center stone of our lives (not irresponsibility)
- 8) Gentleness – strength / power under control (not harsh, callous or insensitive)
- 9) **Self-Control** (Acts 24:25; 1 Cor. 7:9; 9:24-27; Titus 1:8; 2 Pet. 1:5-8)
  - a) **The Scriptural Definition** – Greek: enkrateia = self-control, self-restraint, abstinence from excess, mastering one’s desires. “To have power or dominion over all things and over oneself,” i.e., “to be inwardly strong.” “Restraining oneself from any and all desires, pleasures, or interests that would interfere with keeping **God’s goals** in our life.”
  - For the sake of the **goal** towards which he strives, the **commission** which he has been given, and the **task** which he must fulfill, he **refrains** from all the things which might **offend** or **hamper**.

b) **The Sinful / Sorrowful Contrast** – \_\_\_\_\_ (2 Tim. 1:3-4; 2 Peter 2)

“...men are qualified for civil liberty in exact proportion to their disposition to **put moral chains on their own appetites**. Society cannot exist unless a **controlling power upon will and appetite** be placed somewhere, and the less of it there is **within**, the more there is **without**. It is ordained in the eternal constitution of things that **men of intemperate minds cannot be free. Their passions forge their fetters.**” (Edmond Burke, *Imprecise*, Vol. 20, No. 9)

c) **The Supreme Example** (Mk. 1:35-39; John 17:4; Heb. 12:1-3)

d) **The Specific Commands** (1 Cor. 6:12ff; 2 Pet. 1:5-7)

e) **The Spiritual Impact** (Prov. 16:32; Acts 24:25)

## Discussion Questions:

1. Give examples of how you have grown over the past few weeks in your sensitivity to the Holy Spirit and His work in your life. How has preaching the Gospel to yourself daily helped? How have you participated with Him in specific ways to be more loving, joyful, peaceful, patient, kind, good, faithful and gentle? Of those areas which one do you continue to have the most difficulty submitting to His control?
2. What does the word “self-control” mean? If it is a FRUIT of the Holy Spirit, then why is it SELF-control? Who actually does it, the Holy Spirit or you?
3. What does self-control have to do with GOALS? What part does God want to have in your plans / goals (Prov. 16:1-3, 9; 19:21; 21:1-3; 24:3-6)?
4. Many people think self-control is legalistic bondage therefore the opposite of self-control is “freedom.” According to Pastor Paul, what is the opposite of self-control? Why did he choose that word? How does the world’s understanding of “freedom” differ from a biblical understanding of “freedom?”
5. Look at the deeds of the flesh in Gal. 5:19-21. How would Spirit-empowered self-control give you victory of those areas of the flesh?
6. How did Jesus demonstrate self-control during His earthly ministry? How is He demonstrating it right now?
7. Are you in bondage to anything right now? Why? How would a deeper understanding of the Gospel of Grace help you experience greater self-control in that specific area? Why is grace ultimately more powerful than legalism? (See Mt. 12:43-45; Titus 2:11-14; 1 Cor. 6:12-20)
8. What are the benefits of self-control? What are the consequences of not having self-control? Give biblical support for your answers.
  - a. Your thoughts
  - b. Your attitudes
  - c. Your emotions (not that you won’t have them but what you do with them)
  - d. Your words
  - e. Your financial goals (study the “sluggard” – Prov. 6:6-11; 13:4; 19:24; 20:4; 21:25-26; 22:13; 24:30-34; 26:13-16)
  - f. Your physical goals (diet, sleep, exercise...)
  - g. Your spiritual goals (Scripture, prayer, service, evangelism...)
  - h. Your entertainment
  - i. Your marriage
  - j. Your parenting
  - k. Your...

[Answer to blank: Bondage]