

February 26, 2012
The Bridge Bible Fellowship
Pastor Paul S. Brown
Galatians 5:23

“Walking By The Spirit, Part Fourteen”

- 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. 7:7-9; 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. “**Restraining** oneself from any and all desires, pleasures, or interests that would interfere with keeping God’s **goals** in our life.”
 - Thoughts – 2 Cor. 10:5; Phil. 4:8; Attitudes – Phil. 2:5; Emotions – Phil. 4:1-4; James 1:2; Words – Eph. 4:29-30; Actions – 1 Cor. 10:31
 - b) **The Sinful / Sorrowful Contrast** – _____ / _____ (Gal. 5:19-21; 2 Tim. 1:3-4; 2 Peter 2; sluggard - Prov. 6:6-11; 13:4; 19:24; 20:4; 21:25-26; 22:13; 24:30-34; 26:13-16)

“...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)

The **Principle** – 1 Cor. 6:12:

The **Process** – 2 Peter 1:5-7:

- Col. 2:8 – 3:17; Heb. 12:1-3

Where do I start?

1. GOD’S _____! Titus 2:11-14
2. GOD’S _____!
 - a. Start with His revealed will (1 Thess. 4:3; 1 Thess. 5:16-18; Eph. 5:15-18...)
 - b. Seek Him for His unrevealed will / goals in your life (Ps. 37:3-4; Prov. 3:5-6)
3. GOD’S _____! Eph. 5:18
4. GOD’S _____! Ps. 19:9, 11; Jn. 17:17;
5. GOD’S _____! 1 Cor. 10:31

e) **The Spiritual Impact** – Prov. 16:32; 1 Cor. 9:25; Acts 24:25; Gal. 5:23

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, gentle and self-controlled? Of those areas which one do you continue to have the most difficulty submitting to His control? What is your plan for this week to grow in that area?
2. What does self-control have to do with GOALS? What part does God want to have in your plans / goals (Prov. 3:5-6; 16:1-3, 9; 19:21; 21:1-3; 24:3-6)?
3. 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?”
4. Look at the deeds of the flesh in Gal. 5:19-21. How would Spirit-empowered self-control give you victory over those fleshly desires & deeds?
5. How did Jesus demonstrate self-control during His earthly ministry? How is He demonstrating it right now?
6. 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)
7. 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 discipling of others

[Answer to blank: Undisciplined / Bondage; Grace; Goals; Guide; Guidebook; Glory]