

**What is  
the Fruit  
of the  
Spirit?**

# BUILDING BLOCKS

**The Spirit's  
Fruit:  
SELF-  
CONTROL**

**Part 8**

In **John 15:5**, Jesus taught, "I am the **vine**; you are the \_\_\_\_\_. Whoever abides in me and I in him, he it is that bears much \_\_\_\_\_..."

What **sort** of fruit?

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, **self-control**... (**Gal 5:22-23**)

What is **self-control**? It's not letting \_\_\_\_\_, or \_\_\_\_\_, or anything else control us—only \_\_\_\_\_. Why is it so important?



A man without self-control is like a city \_\_\_\_\_ into and left without \_\_\_\_\_. (**Prov 25:28**)

**Self-control** isn't just a suggested good character trait. The apostle Paul "**reasoned**" with the Roman governor Felix "about \_\_\_\_\_ and self-control and the coming \_\_\_\_\_" in **Acts 24:25**. Self-control is **essential** to life the way our Creator meant it to be.

When we walk by the Spirit, connected to Jesus, we can believe this promise:

His divine power has granted to us all things that pertain to life and godliness, through the \_\_\_\_\_ of him who called us to his own glory and excellence... (**2 Pet 1:3**)

If the "qualities" of virtue, knowledge, **self-control**, steadfastness, godliness, brotherly affection, and love are added like supplements to our faith, "they keep you from being ineffective or \_\_\_\_\_ in the knowledge of our Lord Jesus Christ" (**2 Pet 1:5-8**).

## For Class & Family Discussion:

- ▶ When we're being controlled by anything other than God, what tends to happen? What sort of "fruit" is borne?
- ▶ How does **anger** sometimes cause us to lose our **self-control**? Can you think of any examples from the Bible?
- ▶ How can **excitement** cause us to lose our **self-control**? Can you think of any Biblical examples?
- ▶ Let's think through the wisdom of **Proverbs 25:28**. How is a person **without self-control** "like a city broken into and left without walls"?
- ▶ How are **righteousness**, **self-control**, and **the coming judgment** all connected (**Acts 24:25**)?
- ▶ How does "walking by" the Spirit (**Gal 5:16**), following the "lead" of the Spirit (**Gal 5:18**), "keeping in step" with the Spirit (**Gal 5:25**) and "sowing to" the Spirit (**Gal 6:8**) produce the fruit of **self-control**?