

THE FRUIT OF THE SPIRIT: Quick Review

DEFINITION OF SELF-CONTROL:

- “restraint exercised over one's own impulses, emotions, or desires.”¹
- “the virtue of one who masters his desires and passions”²

THE IMPORTANCE OF DENYING OURSELVES:

Luke 9:23 ... Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.

Matthew 5:29 If your right eye causes you to stumble, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell.

Romans 8:13 For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live.

ABIDING IN CHRIST

John 15:5 I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.

CONNECTION

DEPENDENCE

CONTINUANCE

THE PROMISES OF GOD

Romans 12: 2 Do not conform to the pattern 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.

QUESTIONS TO REFLECT AND DISCUSS:

Passages to consider: Titus 2:11-14, Proverbs 16:32, Proverbs 25:28

Icebreaker: Are you a more of a planner or an adapter? Or, How do you deal with urgent things and important things?

1. Share what was meaningful to you from the sermon.
2. *Choose a passage used in the sermon.* Read it twice. What is the passage saying about God’s way of life and self control? A) How does this truth impact decisions and choices in everyday life?
3. What is the difference between will-power and the Spirit-produced fruit of self-control?
4. Read Titus 2:11-14. Think about how God’s grace appeared to you. Share some ways you experience grace and salvation. A) How does the future return of Jesus impact your thinking on a regular basis? B) How would this awareness affect your approach to self-control?
5. Which fruit is the Spirit of God seeking to produce in your life at this time? (*love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control*) A) What is your part in that process? B) Think of your relationships—your walk with God, your family and friends, your fellow believers and church leaders, your neighborhood and co-workers. How does that fruit impact those areas? (choose one or two to focus on)
6. From this sermon series, Cultivate!, what have you been challenged to think, pursue, address, or act on?

Try it! Practice saying “no” to yourself this week. Two or three times this week, tell yourself no—not to do something or to do something, to not eat or spend just because you can say no to your own desires.

Passages to prepare for next week, where we’ll focus on Missions:

This week, read Genesis 18:18; Psalm 9:11; Psalm 46:10; Matthew 28:18-20; Revelation 15:3-4

¹This definition of *self-control* taken from Webster’s Dictionary.

²This definition of *self-control* taken from Strong’s Concordance (accessible at BibleHub.com).