

FRUIT OF THE

Spirit

LOVE



joy goodness
peace faithfulness
gentleness
patience kindness
self-control

Self-Control



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Self-Control

Telling Ourselves “No”

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

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Self-Control

Telling Ourselves “No”

A man without self-control is like a city
broken into and left without walls.
(Proverbs 25:28 ESV)

Self-Control

Telling Ourselves “No”

The flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. (Galatians 5:17 NIV)

Self-Control

Telling Ourselves “No”

God gave us a spirit not of fear but of power
and love and self-control.

(2 Timothy 1:7 ESV)

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Self-Control

The Struggle Of Self

The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. (Romans 8:7 NIV)

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Self-Control

The Struggle Of Self

Fools give full vent to their rage, but the
wise bring calm in the end.
(Proverbs 29:11 NIV)

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Self-Control

The Struggle Of Self

“I made a covenant with my eyes not to
look lustfully at a young woman.”
(Job 31:1 NIV)

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Self-Control

The Struggle Of Self

“Be careful, or your hearts will be weighed down with carousing, drunkenness and the anxieties of life ...” (Luke 21:34 NIV)

Self-Control

Building The “No” Muscle

- Pray
- Start small / short
- Build to bigger / longer things
- Have an Encourager

Self-Control

Building The “No” Muscle

You do not have because you do not ask
God. (James 4:2 NIV)

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“His master replied, ‘Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master’s happiness!’” (Matthew 25:21 NIV)

Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry. (Matthew 4:1-2 NIV)

Self-Control

Building The “No” Muscle

Therefore encourage one another and build each other up. (1 Thessalonians 5:11 NIV)

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