

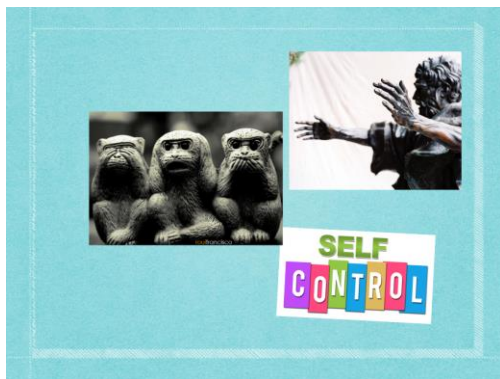
# Self-Control by the Holy Spirit

SHINE

## Results of the Holy Spirit Working

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Galatians 5:22-23 (NLT2)

## Illustrations of Self-Control



## Self-Control is Better Than...

Better to have self-control than to conquer a city. Proverbs 16:32 (NLT2)

## Self-Control Defends, Defines, and Distinguishes

A person without self-control is like a city with broken-down walls. Proverbs 25:28 (NLT2)

A person without self-control is like a house with its doors and windows knocked out. Proverbs 25:28 (MSG)

## Contrast the Out of Control

As he reasoned with them about righteousness and self-control and the coming day of judgment, Felix became frightened. “Go away for now,” he replied. Acts 24:24-25 (NLT2)

## Jesus Practiced Self-Control

This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin. Hebrews 4:14-15 (NLT2)

*So then, since we have a great High Priest who has entered heaven, Jesus the Son of God, let us hold firmly to what we believe. This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin. Hebrews 4:14-15 (NLT2)*

## Spirit-Produced Self-Control

- Self-control (Greek: Enkrateia) Dominion within proceeding out by the Holy Spirit
- Self-control is mastery over one's heart, mind, and body
- Self-control allows healthy things in and keeps unhealthy things out
- Self-control strives toward the goal and stays within the boundaries
- Self-control achieves competence, confidence, companionship, and commendations
- Self-control opens the way to more of God

## Doing Life Without Spirit-Guided Self-Control



### **Proverbs 24:30-34**

*I walked by the field of a lazy person, the vineyard of one with no common sense. I saw that it was overgrown with nettles. It was covered with weeds, and its walls were broken down. Then, as I looked and thought about it, I learned this lesson: A little extra sleep, a little more slumber, a little folding of the hands to rest— then poverty will pounce on you like a bandit; scarcity will attack you like an armed robber. Proverbs 24:30-34 (NLT2)*

## Testing Spirit-Produced Self-Control in Real Life

**Temptations Come** (Self-control remains)

**Trials Rush In** (Self-control remains)

**Exhaustion Drains** (Self-control remains)

**Time is Short** (Self-control remains)

**Emotions Flare** (Self-control remains)

## Steps to Spirit-Generated Self-Control

- Repent
- Reconnect
- Rethink
- Release
- Regulate

## The Fruit of the Holy Spirit

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Galatians 5:22-23 (NLT2)

## Spiritual Halo In Normal Life (S.H.I.N.E.)

Since we are living by the Spirit (salvation), let us follow the Spirit's leading in every part of our lives (abundant life).

Galatians 5:25 (NLT2)