

SIF

Suzhou International Fellowship

The
FRUIT OF THE SPIRIT

GALATIANS 5:22-23

SELF-CONTROL

Jan. 29, 2023



Recap

Why was '**Galatians**' written?

Slides and audio recordings are available at
www.thesif.org/sermons

Contrasting Terms

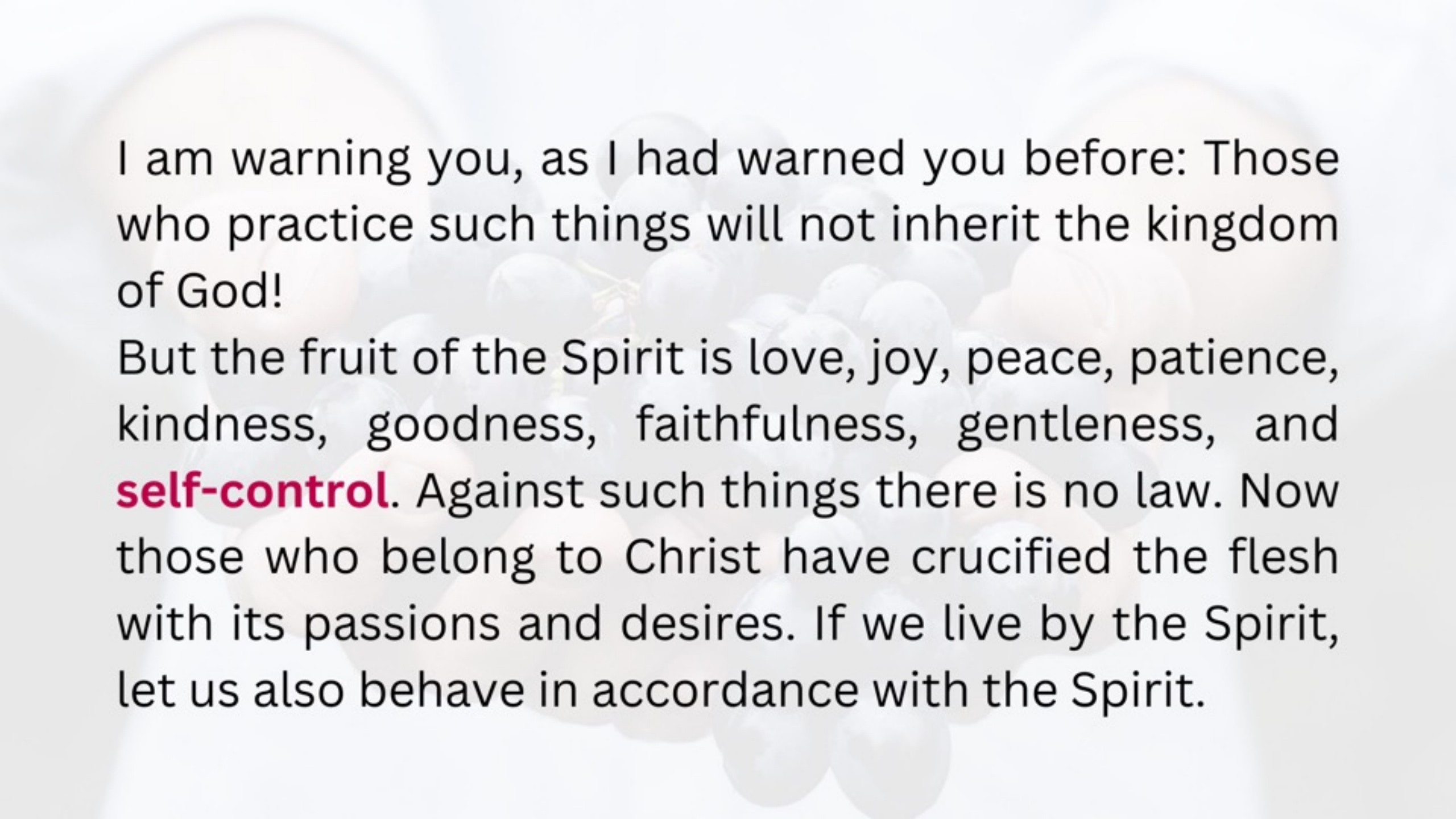
- Death vs **Life**
- Slavery vs **Freedom**
- Crucifixion vs **Resurrection**
- Flesh vs **Spirit**
- Unrighteousness vs **Righteousness**
- Law vs **Grace**



Key Passage

Galatians 5:1, 16-25 (NET)

For you were called to freedom, brothers and sisters; only do not use your freedom as an opportunity to indulge your flesh, but through love serve one another....But I say, live by the Spirit and you will not carry out the desires of the flesh. For the flesh has desires that are opposed to the Spirit, and the Spirit has desires that are opposed to the flesh, for these are in opposition to each other, so that you cannot do what you want. But if you are led by the Spirit, you are not under the law. Now the works of the flesh are obvious: sexual immorality, impurity, depravity, idolatry, sorcery, hostilities, strife, jealousy, outbursts of anger, selfish rivalries, dissensions, factions, envying, murder, drunkenness, carousing, and similar things.



I am warning you, as I had warned you before: Those who practice such things will not inherit the kingdom of God!

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and **self-control**. Against such things there is no law. Now those who belong to Christ have crucified the flesh with its passions and desires. If we live by the Spirit, let us also behave in accordance with the Spirit.

Why Self-control?



**My body,
My choice.**



I can't help it.
It's my **nature.**





You have Freedom
(the power to choose)...

A pair of hands is shown holding a bunch of blueberries. The hands are positioned at the top and bottom of the frame, with the blueberries in the center. A solid blue horizontal banner is overlaid across the middle of the image, containing the word "Because..." in white, bold, sans-serif font. The background is a soft, out-of-focus light blue and white.

Because...

A pair of hands is shown holding a bunch of blueberries. The hands are positioned at the top and bottom of the frame, with the blueberries in the center. A blue banner with white and yellow text is overlaid across the middle of the image.

You **belong** to 'another'



What?!

Relax!



Galatians 5(NET)

For you were called to **freedom**, brothers and sisters; only do not use your **freedom** as an opportunity to indulge your flesh,...

...Now those who **belong** to Christ have **crucified the flesh** with its **passions** and **desires**.

Romans 7:4-6 (ESV)

Likewise, my brothers, **you** also have **died** to the law through the body of Christ, so that you may **belong** to another, to **him who has been raised from the dead**, in order that we may bear fruit for God.

Romans 7:4-6 (ESV)

For while we were living in the flesh, our **sinful passions**, aroused by the law, **were at work** in our members to bear fruit for death. But now we are released from the law, having **died** to that which held us captive, so that we serve in the new way of the Spirit and not in the old way of the written code.

Galatians 5(NET)

For you were called to **freedom**, brothers and sisters; only do not use your **freedom** as an opportunity to indulge your **flesh**,...

...Now those who **belong** to Christ have **crucified the flesh** with its **passions** and **desires**.

Romans 6:8-14 (ESV)

Now if we have died with Christ, we believe that we will also live with him. We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. For the death he died he died to sin, once for all, but the life he lives he lives to God. So **you also must consider yourselves dead to sin and alive to God in Christ Jesus.**

Let not sin therefore reign in your mortal body, to make you obey its passions. Do not present your members to sin as instruments for unrighteousness, but **present** yourselves to God **as** those who have been brought from death to life, and your members to God as instruments for righteousness. **For sin will have no dominion over you,** since you are not under law but under grace.

Essentially, **self-control** is
the appropriate response to
the freedom you have in
Christ Jesus

A pair of hands is shown holding a bunch of blueberries. The hands are positioned at the top and bottom of the frame, with the blueberries in the center. A purple banner is overlaid across the middle of the image, containing the text "Self Control v2.1".

Self Control v2.1

Prov. 25:28 (ESV)



A man without **self-control** is like a city broken into and left without walls.

Outburst of **Passion**



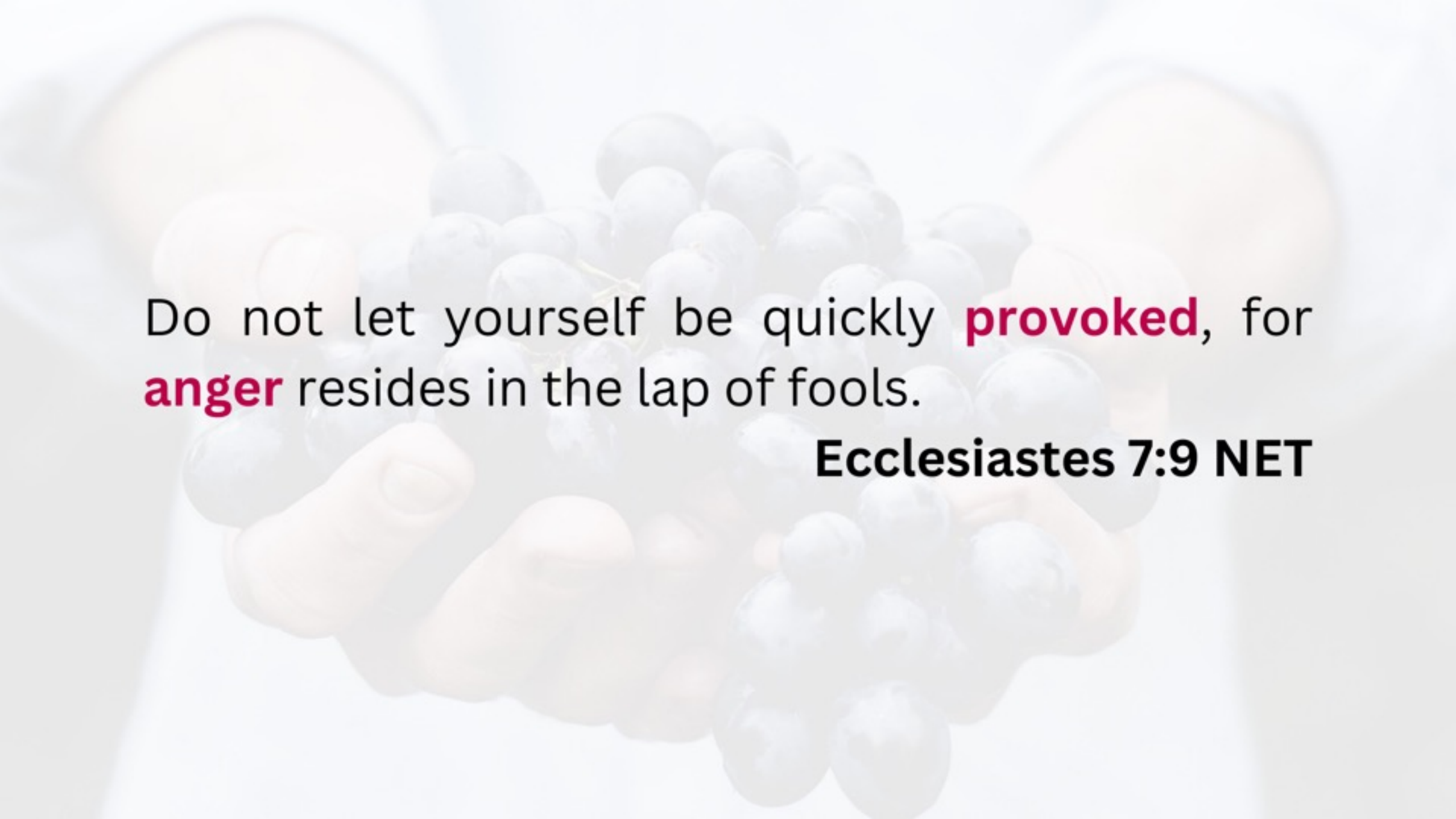
Galatians 5

For you were called to freedom, brothers and sisters; only do not use your freedom as an opportunity to indulge your flesh, but through love serve one another....But I say, live by the Spirit and you will not carry out the desires of the flesh. For the flesh has desires that are opposed to the Spirit, and the Spirit has desires that are opposed to the flesh, for these are in opposition to each other, so that you cannot do what you want. But if you are led by the Spirit, you are not under the law. Now the works of the flesh are obvious: sexual immorality, impurity, depravity, idolatry, sorcery, hostilities, strife, jealousy, **outbursts of anger**, selfish rivalries, dissensions, factions, envying, murder, drunkenness, carousing, and similar things.



Provocation



A pair of hands is shown holding a bunch of blueberries. The hands are positioned at the top and bottom of the frame, with the fingers gently cupping the cluster of small, round, blue berries. The background is a soft, out-of-focus light blue and white, suggesting a bright, airy environment. The overall image has a clean, minimalist aesthetic.

Do not let yourself be quickly **provoked**, for **anger** resides in the lap of fools.

Ecclesiastes 7:9 NET


Then Samuel told the people the rights and duties of the kingship, and he wrote them in a book and laid it up before the Lord. Then Samuel sent all the people away, each one to his home. Saul also went to his home at Gibeah, and with him went men of valor whose hearts God had touched. But some worthless fellows said, “How can this man save us?” And they **despised** him and brought him no present.

But he held his peace.

1 Samuel 10:25-27 ESV

A pair of hands is shown holding a bunch of blueberries. The hands are positioned at the top and bottom of the frame, with the blueberries in the center. A purple banner is overlaid across the middle of the image, containing the text "3 Secrets to Self-Control". The word "Self-Control" is in yellow, while the rest of the text is in white.

3 Secrets to **Self-Control**



James 3:1-12 NET

1. Taming the tongue

Not many of you should become teachers, my brothers and sisters, because you know that we will be judged more strictly. For we all stumble in many ways. If someone does not stumble in what he says, he is a perfect individual, able to **control** the entire body as well. And if we put bits into the mouths of horses to get them to obey us, then we guide their entire bodies. Look at ships too: Though they are so large and driven by harsh winds, they are steered by a tiny rudder wherever the pilot's inclination directs. So, too, the **tongue** is a small part of the body, yet it has great pretensions. Think how small a flame sets a huge forest ablaze. **And the tongue is a fire!** The tongue represents the world of wrongdoing among the parts of our bodies. It pollutes the entire body and sets fire to the course of human existence—and is set on fire by hell.

For every kind of animal, bird, reptile, and sea creature is subdued and has been subdued by humankind. But no human being can subdue the tongue; it is a restless evil, full of deadly poison. With it we bless the Lord and Father, and with it we curse people made in God's image. From the same mouth come blessing and cursing. **These things should not be so**, my brothers and sisters. A spring does not pour out fresh water and bitter water from the same opening, does it? **Can a fig tree produce olives**, my brothers and sisters, or **a vine produce figs?** Neither can a salt water spring produce fresh water.

2. Making the Effort



2 Peter 1:3-11 (NIV)

His divine power has given us everything we need for a godly life through our **knowledge** of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature, having **escaped** the corruption in the world caused by evil **desires**.

For this very reason, **make every effort** to add to your faith goodness; and to goodness, knowledge; and to knowledge, **self-control**; and to **self-control**, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love.

2 Peter 1:3-11 (NIV)

For if you possess these qualities in **increasing measure**, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. But whoever does not have them is nearsighted and blind, forgetting that they have been cleansed from their past sins.

Therefore, my brothers and sisters, **make every effort** to confirm your calling and election. For if you do these things, you will never stumble, and you will receive a rich welcome into the eternal kingdom of our Lord and Savior Jesus Christ.



3. Choose your thoughts

Philippians 4:8 (NIV)

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, **think** about these things.

Summary

- Self-Control is the appropriate response to the freedom we have in Christ Jesus
- Dealing with Anger/Provocation
- Secrets to Self-Control:
 1. Tame the tongue
 2. Make the effort
 3. Choose your thoughts