

## The Gifts of Self-Control and Gentleness

Message 5 of 5 in the series: "The Gift that Keeps on Giving"

### A. The Holy Spirit produces spiritual fruit (godly character qualities) in us so we can live abundant lives.

"I have come that they may have life, and that they may have it **more abundantly**." John 10:10b (NKJV)

"But **the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control**. There is no law against these things!" Galatians 5:22-23 (NLT)

1. The Holy Spirit is working in us to make us a little more like Jesus every day.

"For God knew his people in advance, and **he chose them to become like his Son**, so that his Son would be the firstborn among many brothers and sisters." Romans 8:29 (NLT)

2. God wants us to possess the character qualities of Jesus in increasing measure so we can live productive lives.

"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. 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." 2 Peter 1:3-9 (NIV)

**IMPORTANT!** We can't bring about the spiritual transformation we need through our own strength. "For God is working in you, **giving you the desire and the power to do what pleases him**." Philippians 2:13 (NLT)

**IMPORTANT!** We can surrender every part of our lives to the control of the Holy Spirit and cooperate with the transformation He wants to bring about in our lives. "Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there. **Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives**." Galatians 5:24-25 (NLT)

### B. The Holy Spirit wants to develop an abundance of self-control in our lives this coming year.

Self-control = the ability to master one's desires and passions, esp. sensual appetites.

1. The Holy Spirit is working in us to set us free from the controlling power of sin. "We know that our old sinful selves were crucified with Christ so that sin might lose its power in our lives. **We are no longer slaves to sin**." Romans 6:6 (NLT)
2. We need self-control because the world, the flesh and the devil will always be tempting us to indulge in things that will enslave us through addiction, sinful habits and out-of-control lifestyles that will ruin our lives. "It is for freedom that Christ has set us free. Stand firm, then, and **do not let yourselves be burdened again by a yoke of slavery**." Galatians 5:1 (NIV)

"You say, 'I am allowed to do anything'—but not everything is good for you. And even though 'I am allowed to do anything,' **I must not become a slave to anything**." 1 Corinthians 6:12 (NLT)

"Don't act thoughtlessly, but understand what the Lord wants you to do. **Don't be drunk with wine, because that will ruin your life**. Instead, be filled with the Holy Spirit..." Ephesians 5:17-18 (NLT)

3. The Holy Spirit wants to develop such an abundance of self-control in our lives that we will be able to help others develop self-control in their lives, too!

"**Teach the older men to exercise self-control**, to be worthy of respect, and to live wisely. They must have sound faith and be filled with love and patience. Similarly, **teach the older women to live in a way that honors God**. They must not slander others or be heavy drinkers. Instead, they should teach others what is good. **These older women must train the younger women...**" Titus 2:2-4a (NLT)

### C. The Holy Spirit wants to develop an abundance of gentleness in our lives this coming year.

Gentleness = meekness = Living in humility and being willing to forego one's rights for the benefit of someone else. Deliberate acceptance of undesirable circumstances, trusting God's ability to direct events. Strength under control rather than strength seeking control.

**"You must have the same attitude that Christ Jesus had. Though he was God, he did not think of equality with God as something to cling to.** Instead, he gave up his divine privileges; he took the humble position of a slave and was born as a human being. When he appeared in human form, he humbled himself in obedience to God and died a criminal's death on a cross." Philippians 2:5-8 (NLT)

1. God blesses gentle/meek people.

**"Blessed are the meek,** for they will inherit the earth." Matthew 5:5 (NIV)

**"God opposes the proud but gives grace to the humble."** So, humble yourselves under the mighty power of God, and at the right time he will lift you up in honor." 1 Peter 5b-6 (NLT)

2. The Holy Spirit seeks to develop gentleness/meekness in us in increasing measure so that we will be able to gently help others and have effective ministry as servants of the Lord.

**"And if someone asks about your hope as a believer, always be ready to explain it. But do this in a gentle and respectful way."** 1 Peter 3:15b-16a (NLT)

**"A servant of the Lord must not quarrel but must be kind to everyone, be able to teach, and be patient with difficult people. Gently instruct those who oppose the truth.** Perhaps God will change those people's hearts, and they will learn the truth. Then they will come to their senses and escape from the devil's trap. For they have been held captive by him to do whatever he wants." 2 Timothy 2:24-26 (NLT)

**"Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path.** And be careful not to fall into the same temptation yourself. Share each other's burdens, and in this way obey the law of Christ. If you think you are too important to help someone, you are only fooling yourself. You are not that important." Galatians 6:1-3 (NLT)

**IMPORTANT!** "For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God." 1 Corinthians 1:18 (NIV)

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### John Wesley's Covenant Prayer

I am no longer my own, but yours.

Put me to what you will, rank me with whom you will;

Put me to doing, put me to suffering;

Let me be employed for you, or laid aside for you,

Exalted for you, or brought low for you;

Let me be full,

Let me be empty,

Let me have all things,

Let me have nothing.

I freely and wholeheartedly yield all things

To your pleasure and disposal.

And now, glorious and blessed God,

Father, Son and Holy Spirit,

You are mine and I am yours. So be it.

And the covenant now made on earth, let it be ratified in heaven.  
Amen