

# MORE



## WEEK 9: SELF-CONTROL

### WEEK 8: ACCOUNTABILITY FOLLOW UP

How well did you follow through with showing gentleness to the person God revealed to you during last week's study on gentleness?

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### INTRO

We've come to the final fruit in our series: Self-Control. This one can feel like it's the hardest. In a world that constantly tells us, "Do what you want," self-control calls us to do what's right, even when it costs us. Biblical self-control isn't just about willpower but about surrendering. It's the Spirit giving us the strength to say no to sin and yes to God.

### BIG IDEA

With this particular fruit, we see a shift from an "others-focused" eight fruits, to now seeing and feeling the responsibility fall on our own shoulders. The virtue of self-control deals with our desires, passions, and our sensual appetites. Because God is our strength, we don't have to be ruled by these impulses. The Spirit will always show us a way out before it's too late. Self-control is not about restriction; it's about freedom. The freedom to live the life God created us for, not the one our flesh tries to draw us into.



## OPENING DISCUSSION



Self-control often starts with good intentions. We find ourselves wanting to start eating healthier, spending less time on our phones, or holding our tongue when we're driving through I-35 construction zones. We all know what it feels like to want to do the right thing, but instead, find ourselves stumbling back into old habits.

1. Describe a time when you set out to make a change in your life but you found yourself slipping back to your old ways. Maybe it was a new workout routine, or to start working out, or breaking an old habit or working on one of the previous eight virtues.

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2. What helped you stay focused and disciplined on your goal despite failures or lack of motivation?

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## READ

- Galatians 5:16-26
- Matthew 4:1-11
- Matthew 3:13-17

## APPLICATION

As Jesus was preparing for His ministry, there were a few things that He needed to go through—His temptation by Satan and His obedience to God in baptism. Starting with obedience, Jesus followed the commandments of God the Father and was baptized by John the Baptist. His final act of obedience would be the cross. Matthew 4 describes Jesus's temptation, and He passed with flying colors.

In this week's message, we heard Pastor Darren say that "Christ set us FREE so that we can choose to FLEE!". Galatians 5:1 states that "For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery." That freedom is found in our dependency on God for a fruitful life. It also calls us to look at these temptations as a way to grow our faith and live in the freedom that's been given to us.

1. How does your dependency on God change your view of self-control and reflect the freedom found in Christ?

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2. What practical ways can we rely on Scripture (hint: 1 Corinthians 10:13) and the Holy Spirit to do when we feel the urge to give in to our desires?

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## TAKEAWAY

Biblical self-control isn't about trying harder; it's about trusting the Lord more. It's not the result of stronger willpower but of greater surrender. When we depend on the Spirit, He gives us the strength to say no to sin and yes to God. That's where we discover that self-control isn't a restriction, but a form of freedom. Freedom to live the life God created us for, not the one our flesh tries to pull us into.

## LISTENING TO THE LORD

Take some time to seek God for the following questions.

1. God, what is it that you want me to know about self-control and living in freedom that I am not currently doing?

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2. What's one specific area this week that you feel God is asking you to practice more self-control?

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## PRAYER

Heavenly Father, I come before you as your bride, giving all glory and lifting your name on high. I want to thank you for the transformation I have seen in my life and those around me. Lord, I ask that you fill me with Your Spirit and let me be grounded and rooted in love. Allow me to keep in step with the Spirit as I bear the fruit of the Spirit. God, give me **JOY** and help me not to be selfish and not to be dependent on my circumstances. Let me live in the Shalom by rejoicing in all circumstances, praying always, consuming Your Word, and doing what it says, all so that I can experience Your **PEACE**. Father, teach me Your **PATIENCE**, let me be as patient with others and myself, just as you have been patient with me. Heavenly Father, allow me the ability to display Your **KINDNESS** and put down the stones of judgment I hold against those who offend me. I know I will never be perfect, but I ask that you give me the **GOODNESS** and strength to live a life that points to You as I balance grace and truth. Let me get out of my own way and be more **FAITHFUL** to what You are calling us to so that I can increase my trustworthiness and dependability. Lord help me soften my heart and not lead conversations with a harsh tone. Let me practice **GENTLENESS** in a way that reflects Your love. And finally, Lord, I pray for **SELF-CONTROL**. Please give me the strength to resist and flee temptation as it comes at me. Let me be able to use those tests and temptations to grow my faith. Let me crucify my flesh with its passions and desires as I work to live a life that glorifies Your name.

I ask all these things in the matchless, perfect, powerful name of Jesus Christ our Lord. Amen.