

The Fruit of the Spirit
The Nine Biblical Attributes
Sanctification (10 Lessons)

Trinity Lutheran Church Norman, OK.

Pastor David Nehrenz

Date: 6-12-16 Study: 10 of 10

A. THE TEXT

Theme Verse: (Galatians 5:22-25) But the fruit of the Spirit is 1. love, 2. joy, 3. peace, 4. patience, 5. kindness, 6. goodness, 7. faithfulness, 8. gentleness, 9. self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires.

If we live by the Spirit, let us also walk by the Spirit.



THE FRUIT OF THE SPIRIT – 9. SELF-CONTROL

Self-control = egrateia = ἐγκράτεια,

Definition: "dominion, mastery" – properly, dominion within, "self-control" – proceeding out from within oneself. For the believer can only be accomplished by the power of the Lord. "True mastery from within" is explicitly called a fruit of the Holy Spirit (Gal 5:23) Latin: "continentia, temperantia" (the virtue of one who masters his desires and passions, especially his sensual appetites)

Asserting power over or management of one's desires, lusts, emotions, and feelings, and related behaviors, by way of one's determination or will. The ability to tell yourself "no" and make it stick. The ability to direct one's own behavior and harness one's energies.

The Greek word used in Galatians 5:23 is egrateia, which means having command or mastery over (Greek krat- as in "autocrat"), or possession of, one's own behavior (Greek eg-, akin to English "I", German "ich", and the psychological term "ego"). "Control your ego"

Note: Jesus not only had self-control to keep Himself from doing wrong things. He had so much self-control that He was always able to do the right things. He always did what God wanted Him to do, even when it was very difficult and painful. On the night that Jesus was arrested, before the soldiers came to take Him, He was on the Mount of Olives praying to God. Jesus prayed, "Father, if you are willing, take this cup of suffering away from me. But your will, not mine be done." (Luke 22:42) Jesus knew that He would go through terrible suffering when He was arrested and nailed to a cross. No one would want to suffer by hanging on a cross. But by His incredible self-control, Jesus chose to obey God's will and drink the cup of suffering.

Illustration: "Samuel Stokes, an American missionary, walked through the Punjab, carrying only a water-bottle and blanket, trusting wholly to native hospitality. In one village he was given a particularly hostile reception. The headmen of the village sat in chairs in a circle, smoking, leaving him the whole evening sitting on the floor. When he asked if he might nurse their sick and teach them, they hurled horrible insults at him; but he made no reply. Then they gave him stale crusts in a filthy bowl. He thanked them courteously, and ate. For two days this lasted. On the third day, the headman laid his turban at Stokes' feet as a token of respect. He explained that they had heard that Jesus' disciples were commanded to love their enemies, and had decided to put him to the test. The result had amazed them. Now they brought him their choicest food, and were eager to hear his teaching. If he had lost his temper and self-control, he would have lost his chance." *Gospel Herald*.

B. THE STUDY NOTES

(Acts 24:24-27) (24) After some days Felix came with his wife Drusilla, who was Jewish, and he sent for Paul and heard him speak about faith in Christ Jesus. (25) And as he reasoned about righteousness and **self-control** and the coming judgment, Felix was alarmed and said, "Go away for the present. When I get an opportunity I will summon you." (26) At the same time he hoped that money would be given him by Paul. So he sent for him often and conversed with him. (27) When two years had elapsed, Felix was succeeded by Porcius Festus. And desiring to do the Jews a favor, Felix left Paul in prison.

(1 Corinthians 9:24-27) (24) Do you not know that in a race all the runners compete, but only one receives the prize? So run that you may obtain it. (25) Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. (26) So I do not run aimlessly; I do not box as one beating the air. (27) But I discipline my body and **keep it under control**, lest after preaching to others I myself should be disqualified.

(1 Thessalonians 4:1-7) Finally, then, brothers, we ask and urge you in the Lord Jesus, that as you received from us how you ought to live and to please God, just as you are doing, that you do so more and more. (2) For you know what instructions we gave you through the Lord Jesus. (3) For this is the will of God, your sanctification: that you abstain from sexual immorality; (4) that each one of you know **how to control** his own body in holiness and honor, (5) not in the passion of lust like the Gentiles who do not know God; (6) that no one transgress and wrong his brother in this matter, because the Lord is an avenger in all these things, as we told you beforehand and solemnly warned you. (7) For God has not called us for impurity, but in holiness.

(2 Timothy 1:6-12) For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands, (7) for God gave us a spirit not of fear but of power and love and **self-control**. (8) Therefore do not be ashamed of the testimony about our Lord, nor of me his prisoner, but share in suffering for the gospel by the power of God, (9) who saved us and called us to a holy calling, not because of our works but because of his own purpose and grace, which he gave us in Christ Jesus before the ages began, (10) and which now has been manifested through the appearing of our Savior Christ Jesus, who abolished death and brought life and immortality to light through the gospel, (11) for which I was appointed a preacher and apostle and teacher, (12) which is why I suffer as I do. But I am not ashamed, for I know whom I have believed, and I am convinced that he is able to guard until that Day what has been entrusted to me.

(2 Timothy 3:1-5) But understand this, that in the last days there will come times of difficulty. (2) For people will be lovers of self, lovers of money, proud, arrogant, abusive, disobedient to their parents, ungrateful, unholy, (3) heartless, unappeasable, slanderous, **without self-control**, brutal, not loving good, (4) treacherous, reckless, swollen with conceit, lovers of pleasure rather than lovers of God, (5) having the appearance of godliness, but denying its power. Avoid such people.

(2 Peter 1:2-7) May grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord. (3) His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence, (4) by which he has granted to us his precious and very great promises, so that through them you may become partakers of the divine nature, having escaped from the corruption that is in the world because of sinful desire. (5) For this very reason, make every effort to supplement your faith with virtue, and virtue with knowledge, (6) and knowledge with self-control, and **self-control** with steadfastness, and steadfastness with godliness, (7) and godliness with brotherly affection, and brotherly affection with love.

C. THE LIFE APPLICATION

1. Give examples from the life of Jesus of his own self-control.
2. Recall incidents of self-control by people in the Old and New Testament.
3. What is the key to YOU as a Christian being able to practice godly self-control?

D. NEW STUDY TO BEGIN ON SUNDAY JUNE 19

The Book of Titus

The Life of Christians in a Congregation:

“The Knowledge of the Truth Which Accords With Godliness”