

STUDY GUIDE

Galatians 5:16-25; Proverbs 25:28; Titus 2:11-14 “Living by the Spirit: The Fruit of Self Control”

- 1) We are truly blessed to be alive here on earth in times of chaos, terrorism and moral decline in that it gives us opportunities to 1) be witnesses for Christ and 2) to watch the outworking of God's purpose to glorify Himself in everything that happens. Discuss what both of those opportunities could look like.

- 2) There are very few things in life that we can truly control. Why do we try to control or people or things? What people or things do we think we control but we really don't?

- 3) The spiritual fruit of “*self-control*” is the mastery of one's fleshly cravings and impulses. What are our “fleshly cravings and impulses”? How do we know when our cravings and impulses are out of control?

- 4) The spiritual fruit of “*self-control*” is the “control of the self by the Spirit for the sake of the gospel of Jesus Christ.” What should that look like in our lives? What's keeping that from happening today?

- 5) Discuss the effect that our lack of self-control can and does have on relationships in our lives.

- 6) Proverbs 25:28 gives us a picture of a city whose walls have been so nearly destroyed as to be without defense against an enemy. In what ways does this give us a picture of a life that is out of control?

- 7) What are the roles of self-denial and self-sacrifice in producing the spiritual fruit of “*self-control*”? Discuss why being a Christian is much more than just believing in Jesus Christ as our Lord and Savior.

- 8) What effect did Jesus' appearance as the “*grace of God*” have on our ability to live a self-controlled (Spirit-controlled) lives here on earth?

- 9) Discuss the words/phrases that reflect the meaning of *Spirit-controlled* in the texts from Romans 12-16.

- 10) Share the ways we are empowered by the grace of God to bear the spiritual fruit of “*self-control*.” Do the same also with “*love, joy, peace, patience, kindness, goodness, faithfulness, gentleness.*”