

The Truth Files

Self Control in a World of Self-Destruction

December 8, 2024



THE FRUIT IS OUT THERE

“When the Holy Spirit controls our lives, He will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.”

Galatians 5:22-23 TLB

Why Does God Want Us to Have Self Control?

1. Self-control defends against _____.

Proverbs 25:28 (NLT) – “A person without self-control is like a city with broken-down walls.”

2. Self-control leads to _____.

2 Peter 1:5-7 (NLT) – “Supplement your faith with a generous provision of moral excellence, and moral excellence with knowledge, and knowledge with self-control, and self-control with patient endurance, and patient endurance with godliness, and godliness with brotherly affection, and brotherly affection with love for everyone.”

What Stops Us from Having Self Control?

1. Self-control never _____.

2. Self-control is always _____.

3. Self-control is more _____.

Strategies That Shape Our Self Control.

1. I must go _____.

a. _____

Romans 6:14 (TLB) – “Sin need never again be your master, for now you are no longer tied to the law where sin enslaves you, but you are free under God’s favor and mercy.”

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b. _____
Ephesians 3:16-19 (NLT) – “I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God’s love and keep you strong. And may you have the power to understand, as all God’s people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God.”

2. _____ into your journey.

Proverbs 12:15 (TLB) – “A fool thinks he needs no advice, but a wise man listens to others.”

Galatians 6:2 (NLT) – “Share each other’s burdens, and in this way obey the law of Christ.”

3. _____.

Galatians 5:22-23 TLB – “When the Holy Spirit controls our lives, He will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.”

Galatians 2:19-20 (NLT) – “When I tried to keep the law, it condemned me. So, I died to the law—I stopped trying to meet all its requirements—so that I might live for God. My old self has been crucified with Christ. It is no longer I who live, but Christ lives in me. So, I live in this earthly body by trusting in the Son of God, who loved me and gave himself for me.”

2 Peter 1:3 (NLT) – “By his divine power, God has given us everything we need for living a godly life. We have received all of this by coming to know him, the one who called us to himself by means of his marvelous glory and excellence.”

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