

The Fruit of the Spirit: Self-Control

Various texts

What is Self-Control?

- Enkrateia: mastery over one's desires and passions
- It is not a prohibition against desires and passions
 - But rather, a call to not let them control one's actions
- These passions can be any drive left unfettered
 - Emotional
 - Sexual
 - Physical

The Impassioned God

- It is easy to fall into two equally false presumptions about God
 - He is stoic and emotionless
 - He is driven by His emotions
 - See Hosea 11:8-9
- God does have desires and emotions (Heb 6:17)
 - Unlike humans, he is not controlled by them
- In fact, human's emotionality may be an aspect of the image of God in us (Gen 1:26a)

Passionate, Not Passion-Driven

- Desires are NOT all bad (Pro 11:23; 13:12, 19; Song 7:10)
 - However, when we let them control us that they lead to sin (Pro 13:2; 19:2; 21:25)
- No emotion alone is good or bad
 - It is what we do with them (Ps 4:4; Eph 4:26)
- Both desires and emotions have a place in the life of Christians
 - Their place is the back seat, NOT the driver's seat (1 Cor 6:12; 2 Pet 2:19b)
 - They are a thermometer, not a thermostat
 - The Holy Spirit is our thermostat
 - This requires training and self-discipline (1 Cor 9:24-27)

One Fruit, One Spirit

- When the Holy Spirit is at work in us, He produces love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control in and through us
- We may need to ask Him to grow us in some aspects of this fruit
 - But remember, this is His work

○And they are all connect

So What?

- Are we letting the Spirit give us self-control?
 - Not letting our desires or emotions control us
 - But rather, letting the Holy Spirit take control and produce His fruit in us

Meditation Verse: 1 Corinthians 9:25