

**Hurstbourne Baptist Church; July 19, 2020**  
**Sermon Notes on Galatians 5:22-23**  
**The Fruit of the Spirit: Self-Control**

**Review**

- When Christians place their faith in Jesus Christ, they receive a new \_\_\_\_\_ and a new \_\_\_\_\_ (Ezekiel 36:26; Galatians 3:2, 3:5, 4:6; 2 Timothy 1:7).

**Sermon Outline**

- What is Self-Control?
- Why is Self-Control Important?
- Where Do You Get Self-Control?
- What Does Self-Control \_\_\_\_\_ like?

**What is Self-Control?**

- “What is self-control? It is a governance or prudent control of one’s desires, cravings, impulses, emotions, and passions. It’s saying no when we should say no.... This self-control depends on the Spirit’s influence and enablement. It requires continual exposure of our mind to the words of God and continual prayer for the Holy Spirit to give us both the desire and power to exercise self-control. Self-control is not control of oneself through one’s own willpower but rather control of oneself through the power of the Holy Spirit” (Bridges, *Holiness Day by Day: Transformational Thoughts for Your Spiritual Journey*, 216).

**Why is Self-Control Important?**

- Key Scriptures: Proverbs 25:28 and Titus 2:1-8.

**Where Do You Get Self-Control?**

- Self-Control is a \_\_\_\_\_ that God gives to every genuine follower of Jesus Christ.
- Key Scriptures: Galatians 5:22-23, 2 Timothy 1:7, Ephesians 2:1-10.

**What Does Self-Control Feel Like?**

- According to Exodus 31:1-5, Bezalel was filled with the Holy Spirit. When Bezalel was filled with the Holy Spirit, the circumstances included hard \_\_\_\_\_: the cutting of stones and the carving of wood.
- According to Matthew 1, Mary conceived Jesus by the Holy Spirit in all purity. When Mary was overshadowed by the Holy Spirit, the circumstances included \_\_\_\_\_ and the eventual experience of giving birth to a baby boy.
- According to Luke 4:1, Jesus was “full of the Holy Spirit” and was “led by the Spirit in the wilderness for forty days, being tempted by the devil. And he ate nothing during those days. And when they were ended, he was hungry.” When Jesus was filled with the Holy Spirit, the circumstances included \_\_\_\_\_ and \_\_\_\_\_.
- According to Galatians 5:22-24, the Holy Spirit is at work in the lives of everyone who truly belongs to Jesus Christ. But notice verse 24 and consider: when the Holy Spirit is at work in our life, the circumstances include the \_\_\_\_\_ of the flesh with its passions and desires.