

## **The Fruit of the Holy Spirit- pt.8**

Welcome to Harvest Community Church

Series: The Holy Spirit

**Text: Galatians 5:22-23, Proverbs 16:32 (AMP)**

### **Self – Control**

Self-control also is known as self-discipline or self-mastery. The characteristics of a Spirit filled person have everything to do with the choices of our character as we surrender our life to the leading of the Spirit of God. We are Spirit **led** not Spirit controlled. Those who believe that they have nothing to do with the Fruit of the Spirit in their life does not understand the **nature** of their relationship with God. The Spirit of God never controls, He leads. It is our choice to live out His work in our life. This fruit is the result of relationship, not His arm twisting. Jesus is Lord of our life, but it is up to us to control, discipline and master ourselves.

#### **1 Thess. 4:1-5 (NLT), Titus 2:11-12**

The difference and proof of a Spirit led life is a life of self-control. Those without the Holy Spirit do not have the power or **ability** to master themselves on every level of life. The Fruit of the Spirit encompasses every facet of our lives, the Spiritual, the personal and the professional. He enables us, through His power, to be a self-controlled and self-disciplined person. The Bible tells us that those who can rule and control themselves are stronger than those who can build a business or win a war.

The Greek word for self-control means “to get a **hold** of” or “to get a grip on”. Self-control is all about getting a grip on our own life. Self-discipline means to exercise power over one’s self. When Jesus told His disciples that they would receive the Holy Spirit, He said, “**you** shall receive power”. We have all the power we need to live a self-controlled Spirit led life. We need to stop waiting for God to do for us what He has already given us the power to do for ourselves. This means we have the power to master our inner desires, thoughts, actions and words. When you master something, you are not just proficient at it, you are not just capable, you have complete understanding on how to be the best. Some people master their job master; plumber or electrician, some golf, some cars or a subject like math or history. God calls us to master our-self, not to be the master of ourselves but to master ourselves.

The opposite of self-discipline is self-**indulgence**. Any time you say, “I just couldn’t help myself”, you really did. You helped yourself to what you wanted instead of controlling yourself. A lack of self-control will always lead eventually to sinful things. Self-rule brings every thought, attitude, word and deed captive to the obedience of Jesus Christ. **2 Corinthians 10:5**

A disciplined life means hard work, time-management, persistence, honesty, a positive thoughtful attitude, taking **responsibility**, holiness towards God, stewardship with money, integrity with the opposite sex, controlling your anger, being purposeful and tactful with your words and resisting your **impulses**.

~ D.L. Moody- When we are foolish, we want to conquer the world. When we are wise, we want to conquer ourselves. Of all the people I come in contact with, I have the most trouble with myself.

Self-discipline and self-control affect every area of our life; eating, the time we get up, our prayer and devotional time, how we focus, when we rest and how we entertain ourselves. One key mark of self-control is the ability to make yourself do the things you have to do, when they ought to be done whether you **like** it or not.

Self- **discipline** is personal training that develops self-control and character. Self-discipline results in an orderly and effective life. Before we can ever lead others, we must first lead ourselves.

Self-discipline and self-control are not entirely the same thing. Self-discipline is what we do every day. It is the practice of doing the right things, in the right way, at the right time as a righteous person so that when the opportunity arises to demonstrate a lack of self-control the **reflex** instinct is to do what is right. **1 Corinthians 9:24-27 (AMP)** What makes an athlete become the champion? It is not just what they do during the race or while they are on the field or in the ring or on the battlefield, it is everything they do **before** they get there. The one thing that gives a champion **edge** the over everyone else, over every enemy or opponent is self-discipline.

You must be focused and in control **during** the race or the game or the battle but you must be just as disciplined before. Football players, baseball players all athletes and warriors eat right, sleep well, exercise hard even when they do not want to. Every part of their life is **designed** for victory. Before you will have victory in the arena there must be victory over you. Someone said liberties are largely for the spectators, not a champion athlete. Christians who take a lot of liberties in their life are not in the fight for long. They become spectators. They sit on the spiritual sidelines critiquing everything from people's spiritual walk to how they could run their families and business better and they themselves have become spiritual couch potatoes who are spiritually flabby, lethargic and self-indulgent. They refuse to bring their body, soul and spirit into subjection. Paul said, "I beat my body daily; I discipline myself so that I am not **disqualified**". Disqualification can happen before you run or while you are running simply because you can't keep up. Disqualification happens when you take short cuts that might be ok for spectators but are cheating for the athlete.

#### **1 Timothy 4:8 (AMP)**

At the heart of mastering yourself is the idea of **responsibility**. You are responsible for you, no one else. Those with self-control understand this. You and I are where we are in life right now not by accident but by our choices. We are today what we decided to do yesterday. We cannot control what people do to us, but we can control how we **respond**. You and I are responsible for our potential. God has given us all certain gifts, abilities, talents, and opportunities what we do with them is up to us. Our job is not to try to be like someone else, but to be who God created us to be at our finest.

- \* People who take responsibility discipline their **thoughts**. Self-discipline begins with the mastery of your thoughts. If you do not control what you think, you cannot control what you do. The Bible says that as a person thinks so are they. Many people allow their thoughts to **wander** instead of wonder.
- \* People with self-control take responsibility for their moods and **emotions**. People with self-control refuse to allow their moods to master them. Self-control is a decision to be character driven not emotion driven. We all have emotions we all have feelings we all have good days and bad days. Self-controlled people do what is righteous not what is easy or only what they feel like doing. **Proverbs 22:1 (NLT)**
- \* People with self-control take responsibility for their **words**. **Proverbs 13:3 (NLT)**  
It is important to think before you speak, it is vital to put your mind in gear before you open your mouth. Words are powerful, people have ship-wrecked their life with careless words more than anything else. **James 3:2 (AMP)** The word perfect in this verse does not speak of perfection in the sense of always being right, it means **mature**. You will find that those who speak well and take care to communicate and speak righteously and correctly have the other areas of their life under control as well.

The higher you go, the faster you go, the further you go, the more necessary **restraint** is to do things you can't normally do, to go places most people don't get to go. You need more self-control not less. If you want to be and do all God has for you there must be the fruit of self-control.