



Fruit of the Holy Spirit: Self-Control

READ THESE BIBLE PASSAGES

Matthew 5:27-30

“You have heard the commandment that says, ‘You must not commit adultery.’ But I say, anyone who even looks at a woman with lust has already committed adultery with her in his heart. So if your eye—even your good eye—causes you to lust, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. And if your hand—even your stronger hand—causes you to sin, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell.”

1 Corinthians 10:13

The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.

Galatians 5:19-21

When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God.

INTERPRETATION

1. How has self-control benefited you and your relationship with God and others?
2. Reflecting on Matthew 5:27-30, discuss practical measures we ought to take in order to exercise restraint and maintain a holy lifestyle. *
3. What is 1 Corinthians 10:13 saying about the power of temptation and God’s promise to us when we are tempted?
4. How have you seen God help you with self-control and overcome the temptation to sin?