

Fruit-Filled Living (Pt.11)

“The Passion fruit”

(Galatians 5:23)

“The fruit of the Spirit is ...self-control” (NKJV)

Introduction: Passion Fruit is an edible berry size fruit of certain types of passionflower. It is used in juice concentrates, jams and other products. Passion fruits are sweet tasting and contain a lot of vitamin B, C and iron and is very healthy for us. Like the passion fruit, Paul says, *“The fruit of the Spirit is ...self-control...”* when our passions are under the control of the Holy Spirit, they smell good, look attractive, grow rapidly, and with strong support, promote the growth of other things in our lives. Paul’s culture (like ours today) was one where passions were out of control! So, as Paul introduces the last of the nine graces, which are the fruit of the Spirit, we see...

I. Self-control explained:

Our day is much like Paul’s day. As we look around it is easy to see, we live in an undisciplined, out of control age where people are looking for freedom & pleasure in excess but only finding bondage & pain. But for the believer, Paul says...

- A. Self-control is a fruit of the spirit** – (KJV uses “temperance” –which is self-control (Lit.) “having under control.”)
 - 1. Self-control is - the mastery of our total self.
 - a. Such a quality is impossible to attain apart from the power of God’s Holy Spirit.
 - b. It is the idea of having all my passions, appetites, desires and impulses under the control of the Holy Spirit.
 - 2. Self-control is a characteristic every believer should add to their Christian life... (2 Pet 1:5-6)
- B. Self-control is to be found in the spiritual** – The N.T. presents self-control as a very powerful characteristic in the spiritual man’s life.
 - 1. **Paul showed us in v.19-21**, lack of self-control... *(These are passions, appetites, desires and impulses that are out of control.*
 - 2. **Paul tells us the one who walks under the control of the Holy Spirit** (spiritual man) has the ability to overcome and not fulfill these out-of-control things...
 - a. *Paul warned about trying to accomplish this in the flesh... (Col 2:23)*
 - b. *The spiritual man brings his whole life under the control of or under submission to the Holy Spirit. (Gal.5:16,17)*

II. Self-control examined: We know we live in a culture that is out of control. *Self-control is a needed trait of the spirit-controlled person because...*

- A. Self-control applies to every area of my Christian life** –
 - 1. *In our thoughts* – (2 cor.10:5)
 - 2. *In our speech* – (Prov. 18:21; Js. 3; Ps.39:1; Js. 3:7-8)

- 3. *In our feelings* – self-control lit. means “holding one’s self in.”
 - a. Our feelings should be kept in check – Lusts, passions, appetites, envy and tempers. *(We have to learn how to act, and not react.)*
 - b. As Paul has told us, walk under the control of the Holy spirit and we won’t fulfill the lusts of the flesh. *(But if you live and move based on your emotions, you’re going to get yourself in trouble!)* (Lev.19:17-18; 1 Pe.2:11; Jer 17:9)
- 4. *In our eating and drinking* – the advantages of self-control far outweigh the disadvantages.
 - a. Eating -(1 Cor. 10:31-33; Prov.23:2,20; Am.6:4-6; Eph.5:18)
 - b. Drinking - (Prov. 4:17; 20:1; 23:19-21; 23:29-30; 23:32)
- 5. *In our sexual behavior* – The Holy Spirit can help us control our sexual desires. (1 Cor. 7:9)
- 6. *In any other situations* – Self-control removes the need to deal with guilt, disease, sorrow and high prices we pay for the lack of self-control. *(1Thes 5:22-23; 2 Tim. 2:22)*
- B. Self-control is essential to living my Christian life** – *(Prov. 25:28; 1 Tim. 3:2, 11; Tit. 1:7, 8; 2:2-6)*
- C. Self-control is to enhance our Christian life** – (Rom. 14:15,16,20-22; 1 Cor. 3:8; 10:23-24) *Self-control is to be a total part of my Christian life... So, how do I ensure I have it?*

III. Self-control experienced: I believe Paul was a sports fan because he used so many word pictures from sporting events. (1 Cor. 9:25-27)

There are 3 stages a successful athlete goes through. Paul is saying... like the athlete...

- A. Self-control can be experienced in 3 stages** –
 - a. **Training** –
 - b. **Competing** –
 - c. **Winning** – *But we don’t just want a single victory... we want long lasting victory. So...*
- B. Self-control can be experienced in 3 questions** –
 - 1. *Is it helpful?*
 - 2. *Is it constructive?*
 - 3. *Is it to the glory of God?*

Conclusion: Maybe today, you are bearing some of the scars of the consequences of past lack of self-control. Well, Jesus has scars because of your sins too. When we give those things that are out of control in our life today, to Him, the Holy Spirit will produce in us the fruit of self-control. Will you do that today?