



Children's Ministry

Living by the Spirit: Lesson 10

Scripture: Galatians 5: 22

The fruit of the Spirit is... Self-Control

Context

Galatians is a letter from Paul to a church in a place called Galatia. Some people have come into the church and started teaching wrong ideas like that God can only love them if they do all the right things perfectly. This has the church worried and confused, so Paul writes to them to remind them of grace.

Concept

Self-control helps us to resist temptation and avoid conforming to the things of this world. It guides our decisions, and it correlates with how we show the other fruits in our lives. Jesus Christ gives us the perfect example of self-control, because He lived a sinless life and possessed every fruit of the Spirit.

We can also see another example of this when Jesus was in the wilderness being tempted. He was hungry, thirsty and tired, yet He did not fall to the temptations of the devil. He displayed self-control and reliance on that father. He, as we talked about in past weeks, abided in the Father. He showed every aspect of the fruits of the Spirit when tempted. The best part is that the same Spirit that was alive in Jesus, that same Spirit that raised him from the dead, is ALIVE IN YOU! When you abide in Jesus, when you surrender your life to Him, when he reigns as Lord over your life and His Spirit dwells in you, it is that same exact Spirit. We read through the rest of verse 23 in Galatians, "against such things there is no law." That means that there is no law against these fruits. That they are pure, perfect, and complete in Jesus and in you!

Questions

1. The opposite of self-control is being out of control. In what ways have you felt out of control recently?
2. Think about the things that you are responsible for, and you have control over (your words, actions, thoughts, etc). In what areas do you need to pray for more self-control?
3. How will you pray and ask the Holy Spirit for greater self-control?

My Prayer

Father we trust you, we love you, we want you to be king in our lives. Father we ask that you help us display self-control when times are hard, when things are rough and the enemy is tempting us, we can so your love, your goodness, your joy, peace, kindness, patience, gentleness, and faithfulness. Jesus, help us to abide in you. Thank you for everything you are doing in our lives. Amen.

