

ROOTED.

Galatians 5:22-23

“ But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law.

ROOTED.

love.
joy.
peace.
patience.
kindness.
goodness.
faithfulness.
gentleness.
self-control.

The Fruit of the Spirit. galatians 5:22-23

ROOTED IN SELF-CONTROL | PASTOR GLEN BARNES | JUNE 21ST, 2026



“ But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and **SELF-CONTROL**. ”

~ GALATIANS 5:22-23A (NIV)

Common Approach to Self-Control

Motivation: _____

Method: _____

Biblical Approach to Self-Control

Motivation: _____

Method: _____

“ The first and best, Victory is to conquer yourself.” ~ PLATO

“ One can have no greater mastery than mastery of oneself.”
~ LEONARDO DA VINCI

“ If you lose self-control, everything else will fall.” ~ JOHN WOODEN

What Does the Bible Say About Self-Control?

“ Better a patient person than a warrior, one with self-control than one who takes a city.”

~ PROVERBS 16:32 (NIV)

“ Like a city whose walls are broken through is a person who lacks self-control.”

~ PROVERBS 25:28 (NIV)

“ For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control;”

See TITUS 1:8, 2:2, 2:5, 2:6, 2:12 (NIV)

~ 2 PETER 1:5-6A (NIV)

“ So I find this law at work: Although I want to do good, evil is right there with me. For in my inner being I delight in God's law; ²³ but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. ²⁴ What a wretched man I am! Who will rescue me from this body that is subject to death? ²⁵ Thanks be to God, who delivers me through Jesus Christ our Lord!”

~ ROMANS 7:21-25 (NIV)

1. Biblical Self-Control is motivated by _____, not _____.

“ Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. ²⁵ Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. ²⁶ Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. ²⁷ No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.”

~ I CORINTHIANS 9:24-27 (NIV)

“ The acts of the flesh are obvious: sexual immorality, impurity and debauchery; ²⁰ idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹ and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.”

~ GALATIANS 5:19-21 (NIV)

Four Categories Of Our Sinful Nature:

2. Biblical Self-Control Produces _____ in a world of _____.

“ Be patient, then, brothers and sisters, until the Lord's coming. See how the farmer waits for the land to yield its valuable crop, patiently waiting for the autumn and spring rains. ⁸ You too, be patient and stand firm, because the Lord's coming is near. ”

~ JAMES 5:7-8 (NIV)

“ I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.”

~ JOHN 15:5 (NIV)

3. Biblical Self-Control leads to Christ-centered _____ and _____.

“ Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. ² After fasting forty days and forty nights, he was hungry. ³ The tempter came to him and said, 'If you are the Son of God, tell these stones to become bread.'

⁴ Jesus answered, 'It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'

⁵ Then the devil took him to the holy city and had him stand on the highest point of the temple. ⁶ 'If you are the Son of God,' he said, 'throw yourself down. For it is written: 'He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.'

⁷ Jesus answered him, 'It is also written: 'Do not put the Lord your God to the test.'

⁸ Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. ⁹ 'All this I will give you,' he said, 'if you will bow down and worship me.'

¹⁰ Jesus said to him, 'Away from me, Satan! For it is written: 'Worship the Lord your God, and serve him only.'

¹¹ Then the devil left him, and angels came and attended him.”

~ MATTHEW 4:1-11 (NIV)

DISCUSSION Questions:

COMMUNITY GROUP VIDEOS available on the APP |    

- 1 - Why do you think self-control is often easier to admire than to practice?
- 2 - Which area of life (thoughts, words, habits, relationships, finances, etc.) most challenges your self-control right now?
- 3 - How does viewing self-control as a fruit of the Holy Spirit differ from simply trying harder? How does seeing Self Control as motivated by God's Glory differ from seeing it for our Self Improvement?

- 4 - What is one area where God may be calling you to exercise patience and trust His timing rather than seek immediate results?
- 5 - How can growing in self-control help you better reflect Christ and serve His mission this week?

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