



WEEK 10 • GROWING IN SELF-CONTROL

RENÉ SCHLAEPFER | NOVEMBER 10 & 11

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and **self-control**.

Galatians 5:22,23a

PRINCIPLES FOR LASTING CHANGE

GALATIANS 5:16-24

But I say, walk by the Spirit, and you will not gratify the desires of the sinful nature. Galatians 5:16

THE PROBLEM OF SELF-CONTROL

The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions. Galatians 5:17 NLT (See Romans 7)

But if you are led by the **Spirit**, you are not under the **law**. Galatians 5:18 NIV (See context of Galatians)

Paul's saying: Don't let anyone tell you _____ are the key

THE PRACTICE OF SELF-CONTROL

1. Take _____

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. Galatians 5:19-21a NLT

2. Believe _____

But **the Holy Spirit produces** this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things! Galatians 5:22,23 NLT

3. Refocus _____

- _____ from the dead past

Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and **crucified them there**. Galatians 5:24 NLT

- _____ the living Spirit

Since we live by the Spirit, let us **keep in step with the Spirit**. Galatians 5:25 NIV

“keep in step”: _____

The key to self-control is not primarily _____
or _____; it's _____.

THIS PRINCIPLE IS ALL THROUGH THE BIBLE:

Those who live according to the sinful nature have their **minds set** on what that nature desires; but those who live in accordance with the Spirit have their **minds set** on what the Spirit desires. Romans 8:5 NIV
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Let us **fix our eyes on Jesus**... Hebrews 12:2a NIV

Why do you keep on following the rules of the world, such as, **“Don’t handle! Don’t taste! Don’t touch!”**? Such rules are **mere human teachings** based on things that deteriorate as we use them. These rules may **seem wise** because they require strong devotion, pious self-denial, and severe bodily discipline. But they provide **no help** in conquering a person’s evil desires. Since you have been raised with Christ, **set your hearts on things above**, where Christ is, seated at the right hand of God. **Set your minds on things above**, not on earthly things. Colossians 2:20-3:2 NIV

BOTTOM LINE:

SELF-CONTROL IS LESS ABOUT

SELF-_____ THAN SELF-_____

THIS WEEK

TLC NIGHT AT THE SANTA CRUZ WARRIORS

Friday 11/16 • 7pm! Tickets available at the church office during the week or info desk. Contact richelle@tlc.org for more info!

PROJECT HOMELESS CONNECT WATSONVILLE

Wednesday • 11/14 • 10am-4pm. Volunteers to walk clients to various services. Get more info and sign up at tlc.org/phc.

NEXT WEEKEND:

FINAL FOOD DRIVE WEEKEND!

Join us as we raise the equivalent of one million pounds of food for Second Harvest Food Bank!

IN TWO WEEKS:

NEW ADVENT SERIES BEGINS

On Thanksgiving Weekend!



IN FOUR WEEKS:

NEW CHRISTMAS "MUSICAL SHORT STORY" PREMIERE!