



**DATE:** Sunday, January 30, 2022

**TITLE:** Abiding Through Self-Control

**SERIES:** Abide: Pursuing the Presence and Power of God for My Life

**PASSAGE:** Galatians 5:16-23

1. What does Proverbs 25:28, Titus 2:11-12, 1 Peter 4:7, 2 Peter 1:5-6 and Galatians 5:16-25 have in common?
2. What commands does Paul give his readers in verse 16, 25, and 26?
3. List the works of the flesh found in verses 19-21. How does self-control aid the believer in the fight against those sins?
4. The fruit of the Spirit found in Galatians 5:22-23 are referred to as a singular fruit. All will be present in the life of the believer, not just some. When believers love well, joy and peace result. Patience, kindness, goodness, faithfulness, and gentleness are refreshing qualities in a world more inclined toward the irritation, cruelty, evil, disloyalty, and harshness. How does self-control impact the overall fruitfulness of a believer?
5. Is there a difference between the biblical fruit of self-control and simple willpower? If so, what is the difference between the two?
6. Verse 16 says to "walk by the Spirit." Verse 25 says to "keep in step with the Spirit." What does it look like to walk by or keep in step with the Spirit?
7. "Part of the reason we struggle with self-control is because we're trying to breathe life into something that's been dead for a long time," (i.e., our old self). How does a right understanding of your identity in Christ shape your pursuit of self-control?
8. What are some things that we give authority to in our lives that often cause us to lose the battle for self-control? List some practical steps that will help us to be self-controlled in a way that honours God.
9. Galatians 5:22-25 is "the ideal," but Romans 7:18-23 is often "the real." How do we bridge the gap between the two?

## **APPLICATION:**

1. How do I see myself in Christ right now? (Galatians 5:17, 24)
2. Are there patterns in my life that need to change? (Galatians 5:19-21)
3. Am I in control or under control? (Galatians 5:16, 18, 25)

## **PRAYER POINTS** (based on Galatians 5:16-25):

### **THE PRAISEWORTHY QUALITIES OF GOD:**

- The Spirit of God leads us (v18)
- The Spirit of God grows fruit in us (v22-23)
- We belong to Christ Jesus (v24)
- The Spirit of God invites us to keep in step with him (v25)

### **REVERENCE:**

- Lord, we worship you because . . .
- Holy Spirit, I praise you for leading me when . . .
- Holy Spirit, thank you for growing in me the fruit of . . .

### **RESPONSE:**

- Lord, I confess that I'm not walking with you when I . . .
- Holy Spirit, search my heart and show me patterns in my life that need to change
- ***(In personal prayer between you and the Lord):*** Lord, I confess my sin of \_\_\_\_\_ (based on the list in v19-21); help me to walk by the Spirit and not by the flesh

### **REQUEST:**

- Holy Spirit, help me to keep in step with you when . . .
- Lord, I need your help to grow in the fruit of \_\_\_\_\_ (based on the list in v22-23)
- Lord, help me to invite other people into my struggles so I can live in self-control

### **READINESS:**

- Lord, I will remember that I belong to you (v24) when I'm tempted to . . .
- Lord, when we are tempted to gratify the desires of the flesh (v16), we will walk by the Spirit