

The Fruit of the Spirit to be Controlled by the Spirit

Galatians 5:23

- I. Humility/Gentleness: To allow the Spirit to control our passion to be right or to be angry.
 1. Humility – Accepting God’s plan and direction as right (Matthew 11:29; James 1:21; 3:13)
 2. Gentleness – Treating people (including those who are doing wrong) with gentle concern and restraint (Ephesians 4:2; 1 Corinthians 4:21; Galatians 6:1; 2 Timothy 2:25)
 - Gentleness = “Strength under control” – We may indeed feel strongly about something, but we must let the Spirit control our attitude so we humbly restrain how we respond.
- II. Self-Control: To allow the Spirit to control any desire that can master us.
 - A. Moral restraint – The Holy Spirit can enable us to have self-control of our sexual passions.

How to Grow in Self-Control (Spirit-Control)

1. We are helpless in our sinful nature - **Admit** we are powerless alone (Romans 7:13-25).
2. We have a new nature in Christ - Continually **remember** that our sinful passions were conquered at the cross (Galatians 5:24).
3. We have the power of the Holy Spirit - Continually “keep in step with the Spirit.” **Ask** God for help and **depend** on the Spirit’s power as we choose to **obey** (Galatians 5:23, 25).

- B. Restraint in everything – The Holy Spirit can enable us to have self-control over every desire in our life Galatians 5:25; 1 Corinthians 6:12; Romans 8:5-9).
 - Self-Control = We cannot avoid being tempted by certain strong desires, but we must learn to yield control to the Spirit for the power to be pure, balanced and devoted to God.
 - What controls us (Behaviors, substances, ways of thinking)?
 - Are we committed to yielding control to the Holy Spirit?