

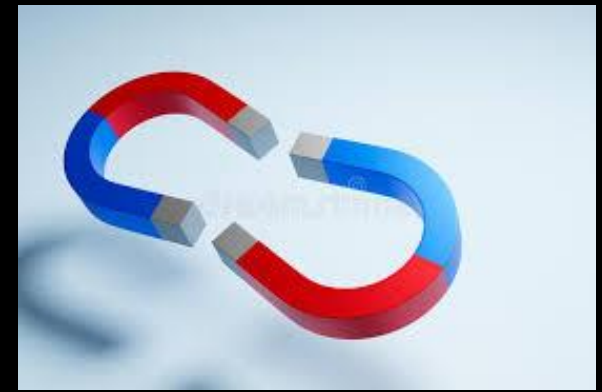
# A civil war (Gal. 5:19-25)

<sup>19</sup> Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness  
<sup>20</sup> idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, <sup>21</sup> envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told *you* in time past, that those who practice such things will not inherit the kingdom of God.



<sup>22</sup> But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, <sup>23</sup> gentleness, self-control. Against such there is no law. <sup>24</sup> And those *who are Christ's* have crucified the flesh with its passions and desires. <sup>25</sup> If we live in the Spirit, let us also walk in the Spirit.

# Polar Opposites (Gal. 5:19-25)



- Which side will push out the other? Flesh or Spirit?
- What fruit of the Spirit might you most often use to oppose the flesh?

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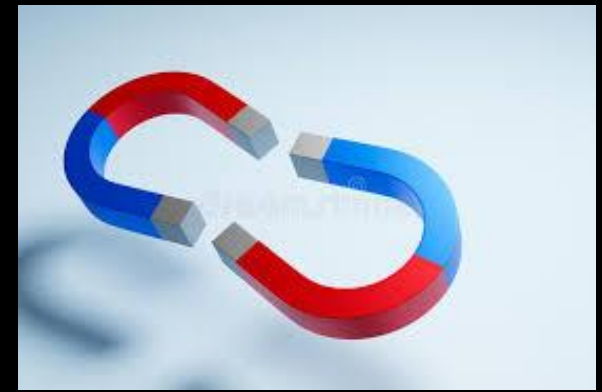
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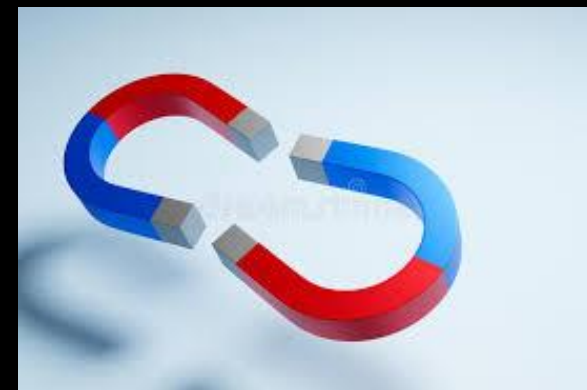
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# Polar Opposites (Gal. 5:19-25)



- Which side will push out the other? Flesh or Spirit?
- What fruit of the Spirit might you most often use to oppose the flesh?
- Self control is a key emphasis of the gospel (Acts 24:25)
- We must understand the difference between might and right.

# Self Control (Gal. 5:23)



- Dictionary of Psychology: the ability to be in command of one's behavior (overt, covert, emotional, or physical) and to restrain or inhibit one's impulses. In circumstances in which short-term gain is pitted against long-term greater gain, self-control is the ability to opt for the long-term outcome.
- Strong's: *egkráteia* (from *en*, "in the sphere of" and *krátos*, "dominion, mastery") – properly, *dominion within*, i.e. "self-control" – proceeding out from *within* oneself, but *not by oneself*.

# Self Control (Gal. 5:23)

- Over outbursts of anger
- Over substance abuse
- Over immorality
- Over \_\_\_\_\_



“Every time you make a choice you are turning the central part of you, the part of you that chooses, into something a little different than it was before. And taking your life as a whole, with all your innumerable choices, all your life long you are slowly turning this central thing into a heavenly creature or a hellish creature: either into a creature that is in harmony with God, and with other creatures, and with itself, or else into one that is in a state of war and hatred with God, and with its fellow creatures, and with itself. To be the one kind of creature is heaven: that is, it is joy and peace and knowledge and power. To be the other means madness, horror, idiocy, rage, impotence, and eternal loneliness. Each of us at each moment is progressing to the one state of the other.”

C.S. Lewis



# Self Control: learning from Joseph



- ✓ He didn't play the blame game
- ✓ He recognized his blessings outside of the temptation
- ✓ He took active steps to change his environment
- ✓ He did not forget who was affected by his choices