

# The War Within

Series: Fruit of the Spirit  
October 4, 2015

## INTRODUCTION

The Apostle Paul lists the Fruit of the Spirit in Galatians 5:22-23 – “*But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.*” For today’s discussion we’re going to be taking a closer look at the fruit of self-control.

## DISCUSSION QUESTIONS

1. In your own words, describe a person who is out of control. Conversely, describe a person who is in control. What are some key distinctions?
2. Do you feel that self-control is something that should be included as one of the qualities of the Fruit of the Spirit? Do you think that there is any significance in this quality being listed last among the fruit? Why or why not?
3. Read Romans 7:14-25. Do these verses resonate with you? What is Paul essentially saying here in this passage? Why do
4. In Romans 7:22-23, Paul describes this inner struggle as if he is in a war. What are some things that we often struggle and wrestle with in our lives? Why do these things cause so much tension in our spiritual lives?
5. Read Galatians 5:16-21. In what ways do these verses echo what Paul says in Romans 7:14-25? According to these verses, what are the acts of the sinful nature? How do they flow contrary to the Fruit of the Spirit?
6. From the message we learned that some of the ways we can work to help nurture this fruit in our lives is by being in a posture of constant prayer, filtering the things we feed into our minds and learning to die daily to our sinful wants and desires.

## CONCLUSION

Someone once said that, “*The filling of the Spirit doesn’t mean that the believer gets more of the Holy Spirit, but that the Holy Spirit gets more of the believer.*” In other words, self-control is really Spirit-control. It’s acknowledging that we can’t muster up the strength and the ability to control our own lives the way God wants us to, no matter how hard we try.

Paul even said in Romans 7:24, “*What a wretched man I am!*” So again, it’s not necessarily about having more control over the self, but about having the self under the control and leading of the Holy Spirit. When it comes down to it, this is basically what this entire Fruit of the Spirit series is all about.

“16 So I say, walk by the Spirit, and you will not gratify the desires of the flesh. 17 For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. 18 But if you are led by the Spirit, you are not under the law.” – *Galatians 5:16-18*