

**Praying the Fruit of the Spirit
Week #9: Self-Control (Gal. 5:23)**

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Self-control is God's antidote to over-indulgence and personal irresponsibility.

1. Today we live in a blaming, childish culture. (Heb 12:15)

- “She makes me so mad!” or “I couldn't help myself!”
 - Maturity is the ability to delay gratification and to take personal responsibility
- “The first victory on the road to success is victory over oneself.” – John Maxwell*

2. Self-control = the power to control myself:

- Everyone is called to self-control (Titus 2:1-15).
- The problem: we tend to be horrible at self-control.

3. The solution: Jesus was the master of self-control.

- Matthew 4:2; John 19:9; Luke 23:34.
- Don't try to master self-control; instead, pray to be filled with the master himself!

4. With Jesus in control, self-control will appear in...

- Our speech, thoughts, and actions.

Lord, I pray that you would clothe me with Christ today (Rom 13:18) and develop the self-control of Christ within me (Gal 5:22-23). I'm embarrassed to admit that there are areas of my life that are out-of-control. So please fill me with your Spirit because I want to be Spirit-controlled rather than flesh-controlled (Rom 8:1-17).

I also pray for those I love, that you would fill them with your strength and self-control. I ask you to clothe them with Christ (Col 3:16), who was the master of self-control. Amen.