



Fruit of the Spirit



The Alexander SBS Summer 2025 Series

Lesson #10 – The Element of Self-control

Main Idea

This summer we are becoming intimately familiar with the fruit of the Spirit, the elements of which are listed below. This week we'll be discussing the ninth and final element, self-control.

Love
Joy
Peace

Patience
Kindness
Goodness

Faithfulness
Gentleness
Self-Control

Well, we finally made it! As I stated ten weeks ago, from my perspective the elements of the fruit of the spirit get progressively more difficult as we move through the elements. **There is a reason self-control is at the end of the list.** I meet very few people who have “mastered” self-control and I expect you would agree. Lack of self-control manifests itself in many ways, including substance abuse, anger and fits of rage, panic, impulsive behavior, lack of motivation, and difficulty in setting and achieving goals.

When we are walking with the Lord and honoring Him with our lives, the Holy Spirit can work to help us manage (and control) life. I heard it said one time that we are most likely to lose control when we experience one of the following four emotions, the first letters of which happen to spell H-A-L-T.

- Hungry
- Angry
- Lonely
- Tired

My guess is at least one of the above emotions presents a challenge in your life. Left unchecked, a lack of self-control destroys lives. My grandfather, who was not a Believer, had a life ruined by alcohol. Something was wrong with him mentally, but I believe the root was that his career did not develop the way he wanted and he died an alcoholic in his mid-60s. His life was a testimony to me on the dangers of losing self-control and how it can literally ruin a life and family. It's doubtful you and I as Believers will experience something to that degree, but it's sad to see others go through it. A lack of vulnerability and an unwillingness to ask for help is often what pushes people over the edge.

In this week's lesson we're going to explore the life of Jesus and how He was able to masterfully demonstrate self-control in a variety of scenarios.

- **Resisting Temptation in the Wilderness (Matthew 4:1–11):** After fasting for 40 days, Jesus was tempted by Satan to misuse His power for personal gain, prove His identity, and worship the devil. In every case, Jesus responded with Scripture and refused to yield, demonstrating spiritual strength and self-control under intense pressure.
- **Challenged About Paying Taxes to Caesar (Matthew 22:15–22):** The Pharisees tried to trap Jesus with a political question: should Jews pay taxes to the Roman government? Instead of reacting emotionally or avoiding the issue, Jesus gave a brilliant, composed answer that demonstrated self-control.
- **Questioned About His Authority (Mark 11:27–33):** Religious leaders demanded to know who gave Jesus the authority to teach and perform miracles. He answered their challenge with a wise counter-question that exposed their motives.



- **Remaining Silent Before His Accusers (Matthew 26:57-68):** During His trial before the high priest and religious leaders, Jesus chose silence instead of defending Himself or retaliating, which demonstrated an incredible act of restraint in the face of injustice and false accusation.

Questions for Consideration

1. Have you ever been around someone who consistently modeled self-control? In thinking about their lives, how would you describe them and what factors seem(ed) to contribute to the self-control they exhibit (or exhibited if they are no longer with us)?
2. Make a list of all the factors, contributors, or reasons, either we or others lack or lose self-control? When are you most vulnerable? Think about HALT in developing your answer.
3. What can we learn from how Jesus modeled self-control?
4. Review the Bible passages provided in this lesson that in some way address self-control. Which verse stands out most to you and why?

Bible Verses

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law.

Galatians 5:22-23

Like a city whose walls are broken through is a person who lacks self-control.

Proverbs 25:28

Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever.

1 Corinthians 9:25

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

2 Timothy 1:7

For the grace of God has appeared that offers salvation to all people. It teaches us to say 'No' to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age.

Titus 2:11-12

Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

1 Peter 5:8

⁵ For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; ⁶ and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; ⁷ and to godliness, mutual affection; and to mutual affection, love.

2 Peter 1:5-7

