

How We Deal with Others: *Finding a Middle Way with the Fruit of the Spirit*

Week 9: The Fruit of Self-Control

Each day mark off 15-30 minutes (or more if you have the time) to pause, say the opening prayer, then read the passage and reflect on the questions. The scriptures were selected based on the New Revised Standard Version. As you reflect on the questions, you are encouraged to write your responses that come to mind. Be as specific as you can. You will find that capturing your honest, unfiltered thoughts will lead you to actions that become transformative. This is how the Holy Spirit grows within us.

Opening Prayer (to be said each day): *Lord, thank you for being with me right now. Settle my thoughts. Speak to me. I am open to whatever you say and however you direct me. And I trust that you want only what is best for me. Amen*

Monday: Read Proverbs 25:28

Reflection: A city without walls was considered defenseless and easy to take over. How does self-control provide defense for us?

The passage the phrase “breached”, meaning it’s already been invaded. Where do you see gaps in your self-control and have you allowed anything to “breach” your life?

Tuesday: Read Romans 8:13

Reflection: What does Paul mean when he uses the phrase “the flesh”? If you applied it to your life what would it mean?

Paul points toward the necessity of the Spirit’s help in controlling our urges. Take a moment to pray and ask the Spirit to work in your life and give you fresh life.

Wednesday: Read 1 Corinthians 9:24-27

Reflection: In Paul's metaphor he talks about how athletes need self-control in order to win. Have you ever seen someone with much potential and skill, but who lacked self-control? What did that journey look like for them?

The term "discipline" is also used and can sometimes be seen negatively. In the sermon we learned that self-control gives us freedom to live authentically. How does discipline play a role in becoming our most authentic selves?

Thursday: Read 2 Peter 1:5-9

Reflection: How is gaining knowledge a component of self-control?

Similarly, how does self-control create endurance? What does that mean in our spiritual lives?

Friday: Read James 1:19-20

Reflection: How do your words showcase your self-control or a lack of it?

How could being slow to speak and slow to become angry change your world?

Saturday: Reflect on your reflections this week. Are there any action steps you feel God would want you to take? Do you struggle with self-control or is it growing inside you?