

Series: The Fruit of the Spirit.

Title: "Christian Self-management."

Text: Galatians 5:22-23

Date: November 9, 2025

Galatians 5:22-23 ²²But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³gentleness and self-control. Against such things there is no law.

Groundwork—Grasping the Concept.

- Self-control is the ability to deal properly with _____ and _____.
- Self-control is the ability to manage yourself in the sense that you _____ what you're supposed to _____, and you _____ what you _____.

Galatians 5:16 But I say, walk by the Spirit, and you will not gratify the desires of the flesh.

- Self-control is derived from the understanding that my life is much bigger than _____.

Paul's Commitment:

1 Corinthians 9:24–27 Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. ²⁵Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. ²⁶So I do not run aimlessly; I do not box as one beating the air. ²⁷But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

- I'm not going to live _____ the _____, no matter the cost.

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All scripture quotes are from the English Standard Version unless otherwise noted.

Jesus' Requirement:

Luke 9:23–24 And he said to all, "If anyone would come after me, let him deny himself and take up his cross daily and follow me.

²⁴ For whoever would save his life will lose it, but whoever loses his life for my sake will save it.

- You must _____ everything else before you'll gain Christ.

The Fruit of Discipline:

What are we talking about?

1. Discipline prepares you for _____.

2. Discipline subdues your _____.

Galatians 5:24 And those who belong to Christ Jesus have crucified the flesh with its passions and desires.

3. Discipline fills your _____.

4. Discipline recycles your waste.

The best way to redeem your _____ is to decide to live for what's _____.

5. Discipline orders your _____.

Proverbs 25:28 A man without self-control is like a city broken into and left without walls.

6. Discipline cultivates the habit of _____.

Ephesians 5:1 Therefore be imitators of God, as beloved children.