



# THE FRUIT *of the* SPIRIT

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

~ Galatians 5:22-23

# Three Big Ways Self-Control Will Bless You

- I. It will make you a SAFER person.

A person without self-control is like a  
city with broken down walls.

~ Proverbs 25:28

# Three Big Ways Self-Control Will Bless You

- I. It will make you a SAFER person.
- II. It will make you a HAPPIER person.

An evil man is held captive by his own sins;  
they are ropes that catch and hold him.  
He will die for lack of self-control.

~ Proverbs 5:22-23

# Three Big Ways Self-Control Will Bless You

- I. It will make you a SAFER person.
- II. It will make you a HAPPIER person.
- III. It will keep you from FALLING AWAY from the Lord.

Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize.

So I run with purpose in every step. I am not just shadowboxing. I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.

~ 1 Corinthians 9:24-27



# THE FRUIT *of the* SPIRIT