**Fruit of the Spirit: Self-Control/Mgt** © 2018 WF Cobb Truthbase.net ***DailyTruthbase.Blogspot.com***

Gal 5:22 But the fruit of the Spirit is love, joy, peace, longsuffering, beneficence*,* goodness, faith-fullness 23 meekness, **self-control**

1. **Dynamic of Dependence/Abiding:** Spirit of God (*Truth*) uses the Word of God (*Truth*) to produce in us the Mind of Christ (*Jn 14:6)*

We glorify God by submitting to His plan for us to be fruit bearing disciples *alternative is fruit of flesh resulting in shame/loss -1Cor 3*

2. **Fruit is always the result of seed** (word of God), soil (fertile heart), and cultivation (Spirit -light, water, weeding, time/maturity).

**I. Fruit of the HS Self-Control requires tapping into God's power while Secular Self-Control requires simply thinking differently**

**A. Ability/skill to manage**/restrain emotions, thots, actions for inner/outer long term goals, ie, exhibit vs inhibit an impulse *(cx natural instincts)*

2MM ordered their strengths in 24 different skills, self-control ended up in the very bottom *(Forbes FSU study) cx immediate gratification*

**B. Don't Eat the Marshmallow** war between impulsivity and self-control. dampen immediate desires and focus on long-term goal

Titus 2:11 the saving grace of God has been manifestedto all men, 12 training/chastening us that, denying *30x* ungodliness and worldly lusts, we should live soberly, righteously, and godly in the present age, 13 looking for the blessed hope, appearing of the glory



1Pt 2:11 as sojourners and pilgrims, abstain from fleshly lusts which war against the soul, *cf “put off” “don't be conformed,” etc*

1Cor 7:9 if they cannot exercise self-control, let them marry. For it is better to marry than to burn *with passion*.

1Cor 9:24 Run to win 25 competes for the prize is temperate in all things...we for an imperishable crown 26 not w/ uncertainty...fight 27 I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified/reprobate

**C. Quit any time want to**; don't want to; quitting is esay – done it 1000's of times. Marshmallow focus (hot emotion) pix frame or cloud (re-represent it to mind); HS math $1 vs $2 nxt wk; beats IQ. Economic decision long term vs immediate gratification

Goal attainment *toddler* conclusion: “path to better self-regulation lies not in increasing self-control but in removing temptations”

2Tim 2:19 depart 20 cleanse 22 Flee youthful lusts; pursue righteousness, faith, love, peace with those call on the Lord out of a pure heart.

**D. Tips** *FSU via Forbes* 1. Meditate (control thots by focusing on other thing); 2. Eat fuel since takes energy, 2-3 hrs resisting; 3. Exercise - keep walking 10 min GABA soothes; 4. Sleep to absorb glucose; 5 Ride the wave 10 min (angry? count to four; really angry? Swear);

6. Forgive self to get off the death spiral (guilt; self hatred; need something to feel good or crash and burn); prayer, fllshp, focus on good. Fun!!!

Pretending candy is only pix, w/ imaginary frame, kids who hadn’t been able to wait 60 seconds could now wait 15 minutes. “All I’ve done is given them some tips from their mental user manual,” Mischel says. “Once you realize that will power is just a matter of learning how to control your attention and thoughts, you can really begin to increase it.” *cf Col 3* Stoic- subset of soundminded

**II. Repression vs Renewal (Transforming Values from secular {carnal} to spiritual).** *Rm 12:1-2 by the renewing of your mind*

Plato: train young to love and take pleasure in greater good; cognitive and affective. Habit – cue, routine, reward (change routine/reward)

Acts 24:25 P reasoned of righteousness, self-control and judgment to come, Felix trembled, Go your way...conviennent...call for you.

2Pt 1:4 divine nature..escape...5 diligently supply/add to faith, virtue, 6 knowledge, self-control, perseverence, godliness, philos, agape

Titus 1:8 But a lover of hospitality, a lover of good men, sober/sound-minded, just, holy, self-controled/temperate *<1468>kratos*;

Phil 2:13 God works in you to will and to do His good pleasure 2Thess 1:11 with this in mind pray...God may deem you worthy of His calling, and that by his power*/duna* he may bring to fruition your every desire for goodness and your every deed prompted by faith.

**III. Tap into HS power *(en)kratos* by trustful abiding (Jn 15) to resist the devil and bear fruit** *Kratos 3x of men; derivative of God's power*

Eph 1:19 exceeding greatness of his power*/dunamos-inherent* to us-ward who believe, acc to the working of his mighty*-force/kratos* power

**Spiritual warfare cx Body disunity** Eph 6:10 Finally, my brethren, be strong*/endu* in the Lord, and in the power*/kra* of His might

Col 1:11 Strengthened/dyn with all might/*dyn*, acc to his glorious power/*kratos*, *eis* all endurance and longsuffering with joyfulness;

Rom 4:20 He staggered not at the promise of God thru unbelief; but was strengthened/*endun* *passive* in/by faith, giving glory to God;

Php 4:13 I can do all things through Christ which strengthens/*endun* me.

1Tim 1:12 thk Christ Jesus our Lord, who has enabled/strengthened *endun* me, for he counted me faithful, putting me into the ministry

2Tim 2:1 You therefore, my son, be strong/*endun* in the grace that is in Christ Jesus.

2Tim 4:17 Lord stood with me, and strengthened/*endun* me; preaching might be fully known...delivered out of the mouth of the lion.

Heb 11:34 (By faith *{in God's Revelation}*) Quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong , waxed valiant in fight, turned to flight the armies of the aliens.

**Questions for Reflection/Discussion/Response:**

1. Why do we do/not do what we do? Why do we want to do something? How can we know what's right, yet fail to do it?

2. How does the HS work in a person's life? How does the HS empower or energize us? Why does He do that? How do we quench Him?

3. Is it harder for you to inhibit or exhibit an impulse/desire? By what mechanicism do you do one or the other? Can you flip the process?

4. How does your mindset make all the difference in your life? What can you do to train your mindset, or perceptual filters