



# THE GOSPEL OF CHRIST BIBLE OUTREACH

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Road Ijeshatedo-Surulere,  
Lagos.

gcbo.com.ng



## TUESDAY BIBLE STUDY

**Pastor A.S.O Olaleye**

**20th December, 2022**

### Self-Control as the fruit of the spirit

*Text: Genesis 17:1-7*

Galatians 5:22 But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness,

Galatians 5:23 gentleness, self-control. Against such there is no law.

#### What is self-control?

Self-control is the ability to regulate one's emotions, thoughts, and behavior in the face of temptations and impulses.

As an executive function, it is a cognitive process that is necessary for regulating one's behavior in order to achieve specific goals.

Self-control is the ability to control our feelings, emotions, and reactions. Many people struggle with self-control.

For example, we need self-control when it comes to: staying off social media while at work,

sticking to a budget, and  
regulating our sugar intake.

Self-control relates to chastity (The quality of being chaste: the state of abstaining from any sexual activity considered immoral; avoidance of sexual sins) and sobriety (A state of moderation or seriousness.

Modesty in color or style.

Soundness of judgement.) Particularly moderation in eating and drinking.

Self-control ἐγκράτεια (egkrateia) is the ability to control one's body and its sensual appetites and desires – physically and mentally through the power of the Holy Spirit.

Biblical self-control:

Self-control helps us to resist temptation and avoid conforming to the things of this world.

It guides our decisions, and it correlates with how we show the other fruits in our lives. For example, forbearance, or patience, requires self-control.

Biblical Self-control is the opposite of the works of the flesh that indulge selfish desires.

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



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They are in conflict with each other, so that you are not to do whatever you want.

**\*How to get self-control\***

You can improve your own self-control with effort and practice.

Avoiding temptations, making a plan, focusing on specific goals, and remembering the consequences of your actions can help you regulate your behavior more effectively.

What is an example of self-control in the Bible?

Nehemiah showed self-control and didn't fight back. Instead, he stationed some of his men to be guards while the others worked. Nehemiah knew that God would protect them. He acted calmly and with self-control.

**Benefits Of Self-Control**

Self-Control Can Help You Hone Your Leadership Skills And Live A Happy And Fulfilled Life. Here Are Some

**Benefits Of Self-Control:**

**1.Decision-Making Ability**

One Of The Benefits Of Self-Control Is That It Makes Decision-Making Easier. For Instance, A Person Might Love Chocolate But High Blood Sugar Levels Will Force Them To Exercise Self-Control And Stay Away From The Chocolate Bars, Cookies, And Desserts.

**2.Greater Chances Of Success**

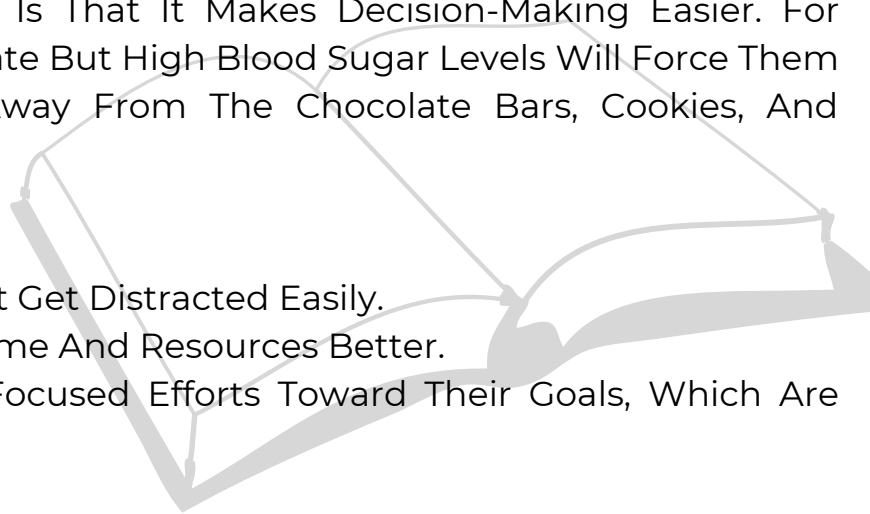
A Person Who Has Self-Control Doesn't Get Distracted Easily.

This Enables Them To Manage Their Time And Resources Better.

They Tend To Make Sustained And Focused Efforts Toward Their Goals, Which Are More Likely To Result In good Success.

**3.Self-Control Can Beat Temptations**

Among The Benefits Of Having Self-Control Is The Ability To Beat Temptation. Quite Often, We Can Get Tempted To Do Things That Divert Us From Our Goals And Affect Our Quality Of Life.





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For Instance, If We Don't Exercise Regularly, We Will Not Only Face Problems In Later Years Of Life But Also Regularly Experience Aches, Fatigue, And Various Other Health Problems.

### 4. Self-Control Can Make You Excel

Another Advantage Of Self-Control Is That It Helps Students Perform Better In Exams And Stay Mentally Sharp.

They Are More Focused On Achieving Their Goals Than Their Peers.

Similarly, People With High Amounts Of Self-Control Can Channel Their Time And Energy Into Being Productive In The Workplace, Which Leads To Success At Work.

### 5. Better Personal Relationships

Self-Controlled People Are Not Only In Charge Of Their Actions— They Can Regulate Their Emotions As Well. They Can Control Their Anger Or Harmful Emotions Like Jealousy Or Hatred.

This Helps Them Handle Personal Relationships Better Than Those Who Don't Have Much Self-Control.

### Conclusion:

Self-Control Is The Art Of Making The Right Choices Without Feeling Conflicted.

A Self-Controlled Person Focuses Only On his/Her Goals And Makes Decisions Keeping The End Goals In Mind.

Remember That Sustained And Well-Directed Effort Is Essential To Achieving Your Goals, And Self-Control Is The Skill That Keeps You On The Right Track.

### \*Ways To Improve Self-Control\*

Improving self-control and building good habits is much easier said than done, and it takes a lot of physical and mental discipline to better yourself.

Here are five ways to help improve self-control and build good habits:

#### 1. Remove temptation

We are not wired to consistently resist temptation, a study found that the way most people resist temptation is to remove the temptation. According to a study by the American Psychological Association, "training self-control through repeated practice



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does not result in generalized improvements in self-control.” So you can stop beating yourself up for not having much self-control, we're not wired for it.

So if people are not wired to have self-control, how do disciplined people exist? They remove temptation, creating effortless self-control. Instead of struggling to resist temptation, remove the temptation.

Set yourself up for success by managing yourself and your surroundings by removing temptations.

It helps to make decisions automatic and self-reinforcing, so you can focus on priorities and decisions that matter more.

### 2. Measure Your Progress

What gets measured gets managed. According to Psychology Today, monitoring your progress keeps you focused on your goals.

Monitoring helps us become experts on our own behavior, and it makes habits less difficult to govern and change.

### 3. Learn How To Manage Stress

Stopping and taking a few deep breaths helps your heart rate slow down, that helps you relax in the moment.

Make sure to exercise regularly, eat well and make sure you're getting enough sleep. It all improves focus, cognitive function and your health. You make poor decisions when your blood sugar is low and you are sleep deprived.

Exercise helps you sleep better and helps you have discipline with your diet. Learning how to manage stress in healthy ways ensures you have the energy to keep grinding when work and life can feel overwhelming.



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### 4. Prioritize Things

Make a to do list for every day, week and month, so when you're feeling overwhelmed, you know you're making progress and doing the very best you can. It makes you feel more in control, because feeling overwhelmed and like things are out of your control only leads to disorganization, stress and wasted time.

### 5. Forgive Yourself

You are going to fail, failing is a part of life. Forgive yourself and move on. Beating yourself up and worrying achieves nothing, it is wasted energy.

Winston Churchill once wrote, "Success consists of going from failure to failure without loss of enthusiasm." Eighty percent of achieving a goal is your attitude, and good attitude is a happy worker, and you're going to need to learn how to happily grind if you want to build self-control and achieve ambitious goals.

