

KINGDOM CHARACTER

Becoming Like Jesus

Kingdom Character: SELF-CONTROL (Week 10)

Preacher: **Barbie Erasmus**

Worship:

Song Suggestion: *I Surrender - Hillsong Worship*

As you worship, reflect on areas where you've been trying to change through your own strength. Invite the Holy Spirit to empower you with self-control.

Check-in:

Self-control is often a quiet battle. Take a moment to share:

- Where have I recently struggled with self-control (e.g., emotions, habits, reactions)?
- Where have I seen growth or breakthrough in this area?

Synopsis of message:

This week we explored the final fruit of the Spirit: **Self-Control** (*Galatians 5:22 - 23*).

The Greek word is **enkrateia** - meaning "in power," but not our own power. Biblical self-control is about being empowered by the Holy Spirit to master our desires and live in freedom.

Key Themes:

1. **Admit You Can't Do This Alone** - Self-control begins with surrender, not striving.
2. **Look Beyond Yourself** - The Spirit empowers us as we walk in step with Him.
3. **Self-Control Comes Through Surrender** - It's not about willpower, but about trusting deeper in God's love.

Self-control is the guardian of all the other fruits. Without it, everything valuable inside is vulnerable (*Proverbs 25:28*). It's not about perfection, but partnership with the Spirit.

Scripture Focus:

- Galatians 5:22 - 23
- Romans 7:15 - 25; 8:1 - 2
- 2 Peter 1:5 - 7
- Titus 2:11 - 12
- 1 Peter 1:13 - 16
- Proverbs 25:28
- Daniel 1:8
- Genesis 39:9

Discussion Questions:

1. **The Struggle is Real**
 - What area of your life feels like a cycle of "this time will be different" but isn't?
 - How does it feel to admit "I can't do this on my own"?
2. **Spirit-Empowered Living**
 - What does "walking in step with the Spirit" look like in your daily life?
 - What spiritual practices help you stay connected to Him, to the Vine?
3. **Surrender Over Striving**
 - How does surrendering to God's love change your approach to self-control?
 - Where have you been relying on willpower instead of the Spirit's power?
4. **Living as a Witness**
 - How can your self-control be a witness to others?
 - What does it look like to choose God's truth over your emotions or culture's narrative?

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Prayer Moment:

- Thank God for His empowering Spirit and transforming love.
- Pray: "Holy Spirit, grow self-control in my heart."
- Invite the Spirit to fill areas of weakness and help you surrender daily.
- Pray for specific struggles group members are facing.

Next Step:

This week, I will:

- Pray daily: *"Holy Spirit, fill me and empower me with self-control."*
- Choose one intentional act of surrender - whether in a habit, emotion, or relationship - and invite God into it.