



SPIRITUAL GROWTH REVIEW

The Fruit of the Spirit Is...



THE SECRETS OF BEING FRUITFUL

Memory Verse for this week: *“Since an overseer manages God’s household, he must be blameless— not overbearing, not quick-tempered, not given to drunkenness, not violent, not pursuing dishonest gain. Rather, he must be hospitable, one who loves what is good, who is self-controlled, upright, holy and disciplined.”* Titus 1:7-8

1. How was your week? Was there anything that happened that we would want to celebrate or pray for with you?
2. How does self-control as a Fruit of the Spirit enable us to obey Christ?
3. Read **Proverbs 25:28**. What does this Proverb tell us about self-control?
4. Consider **2 Timothy 3:1-5** and what it says about the behavior of those who are outside of the Church and how lacking self-control enables sin. Is self-control something that the world tends to be concerned with?
5. Self-control can often feel like an uphill battle when we are gritting our teeth and attempting to obey God through bending our own will. Why is it so hard to change our own desire and obey God on our own?

6. Clearly self-control is required for us to adequately defend against temptation when it arises, but what about self-control enables us to be effective in our Christian witness? Read **2 Peter 1:5-8** and then ask: how can our self-control make us more or less effective in our faith, depending on how much we exercise it?
7. What other Fruits of the Spirit does self-control require? What other fruits could self-control help us to show?