



## THE FRUITS OF GRACE SELF-CONTROL

Pastor Hayden Thomas • Compass Bible Church Hill Country • March 1, 2026 • Msg. 26-08

**PREACHING POINT: Fighting for mastery over our thoughts, desires, and actions is a lifelong battle that God calls us to wage, with the assurance that he fights alongside us by providing Spirit-empowered self-control.**

1. Own \_\_\_\_\_ (vv.16-22)

2. Wage \_\_\_\_\_ (vv.23-24)

3. Discern \_\_\_\_\_ (v.25)

### Galatians 5:16–26 (ESV)

16 But I say, walk by the Spirit, and you will not gratify the desires of the flesh.

17 For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.

18 But if you are led by the Spirit, you are not under the law. 19 Now the works of the flesh are evident: sexual immorality, impurity, sensuality, 20 idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, 21 envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. 22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control; against such things there is no law. 24 And those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 If we live by the Spirit, let us also keep in step with the Spirit. 26 Let us not become conceited, provoking one another, envying one another.

# Application Questions

*These questions are provided for your further study and application of today's sermon. Thoughtfully writing out the answers to these questions will help to drive home the point of today's study. It is also helpful when you are able to discuss your answers with others. For more information about LifeGroups at Compass Bible Church that utilize these questions as the basis for their weekly discussion, please visit [compasshillcountry.org/lifegroups](http://compasshillcountry.org/lifegroups) or email us at [info@compasshillcountry.org](mailto:info@compasshillcountry.org).*

1. Write down one observation or application you found helpful from this week's sermon and baptisms. Why did it stand out to you?
  
  
  
  
  
  
  
  
  
  
2. Read Proverbs 25:28, Titus 2:11-12 and Proverbs 16:32. How have you seen people disregard or minimize their need for self-control by excusing or dismissing their sin with phrases like, "everyone sins," "don't judge me," "let he without sin cast the first stone," or "that's just my personality"?
  - a. What is wrong with this kind of response to our lack of self-control? How can you guard yourself from falling into this error?
  
  
  
  
  
  
  
  
  
  
3. Read Romans 6:11-13, 1 Corinthians 9:25-27 and Colossians 3:5-10. How would you biblically respond to someone who believes that Christian's don't need to exert energy and effort in the pursuit of killing sin and exercising self-control?
  
  
  
  
  
  
  
  
  
  
4. Read 1 Peter 2:11. Identify one area of your life where you need to exercise greater self-control. How will you wage war in that area moving forward?
  
  
  
  
  
  
  
  
  
  
5. Read Galatians 5:16 and Galatians 5:25. What are some practical ways you can discern if you are "keeping in step with the Spirit"?

*This Week's  
Bible Reading Schedule*

**March 1<sup>st</sup>**  
*Numbers 24-27 & Mark 8:11-38*

**March 2<sup>nd</sup>**  
*Numbers 28-29 & Mark 9:1-29*

**March 3<sup>rd</sup>**  
*Num 30-31 & Mark 9:30-50*

**March 4<sup>th</sup>**  
*Numbers 32-33 & Mark 10:1-31*

**March 5<sup>th</sup>**  
*Num 34-36 & Mark 10:32-52*

**March 6<sup>th</sup>**  
*Deut 1-2 & Mark 11:1-19*

**March 7<sup>th</sup>**  
*Deut 3-4 & Mark 11:20-33*

**March 8<sup>th</sup>**  
*Deut 5-7 & Mark 12:1-27*

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