

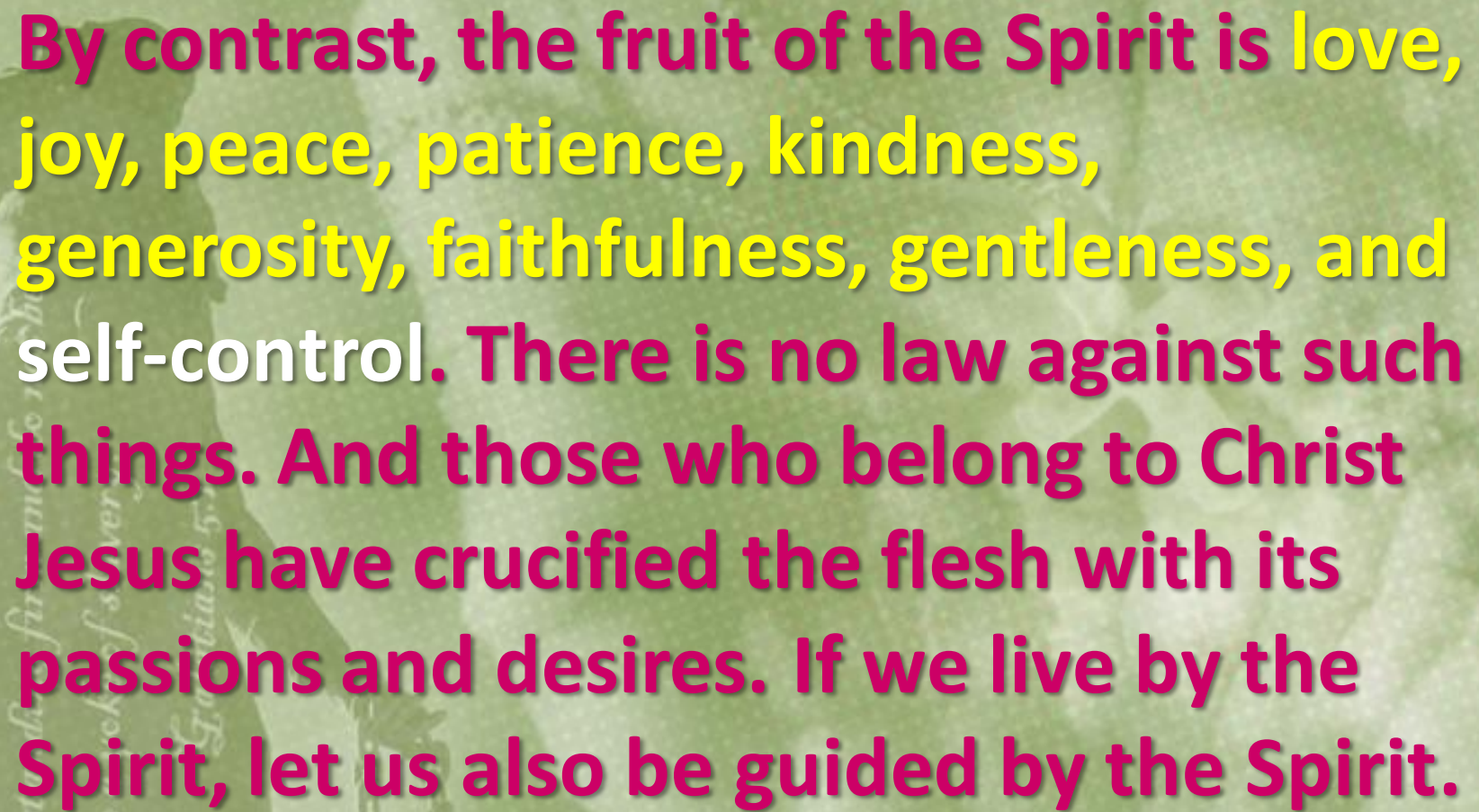
*Series: How We Could be Known*

*Sermon: **How to Stay Healthy***

*fruit of the spirit*

## Galatians 5:16-21 (NRSV)

Live by the Spirit, I say, and do not gratify the desires of the flesh. For what the flesh desires is opposed to the Spirit, and what the Spirit desires is opposed to the flesh; for these are opposed to each other, to prevent you from doing what you want. But if you are led by the Spirit, you are not subject to the law. Now the works of the flesh are obvious: fornication, impurity, licentiousness, idolatry, sorcery, enmities, strife, jealousy, anger, quarrels, dissensions, factions, envy, drunkenness, carousing, and things like these. I am warning you, as I warned you before: those who do such things will not inherit the kingdom of God.



**By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also be guided by the Spirit.**

**Galatians 5:22-26**

## 2 Peter 1:3-11 (NRSV)

His divine power has given us everything needed for life and godliness, through the knowledge of him who called us by his own glory and goodness. Thus he has given us, through these things, his precious and very great promises, so that through them you may escape from the corruption that is in the world because of lust, and may become participants of the divine nature. For this very reason, you must make every effort to support your faith with goodness, and goodness with knowledge,

and **self-control** with **endurance**, and endurance with godliness, and godliness with mutual affection, and mutual affection with **love**. For if these things are yours and are increasing among you, they keep you from being ineffective and unfruitful in the knowledge of our Lord Jesus Christ. For anyone who lacks these things is nearsighted and blind, and is forgetful of the cleansing of past sins. Therefore, brothers and sisters, be all the more eager to confirm your call and election, for if you do this, you will never stumble.

When he said to his disciples, "The harvest is plentiful but the workers are few."

"Ask the Lord of the harvest, therefore, to send out workers into harvest fields."

"We call you to be part of the harvest. We call you to cast out evil spirits and to heal every disease and ailment."

These are the names of the workers who are sent out by Jesus Christ (John 4:35-38; Luke 9:1-2).

**For in this way, entry into the eternal kingdom of our Lord and Savior Jesus Christ will be richly provided for you.**

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Love

SELF CONTROL

Joy

Peace

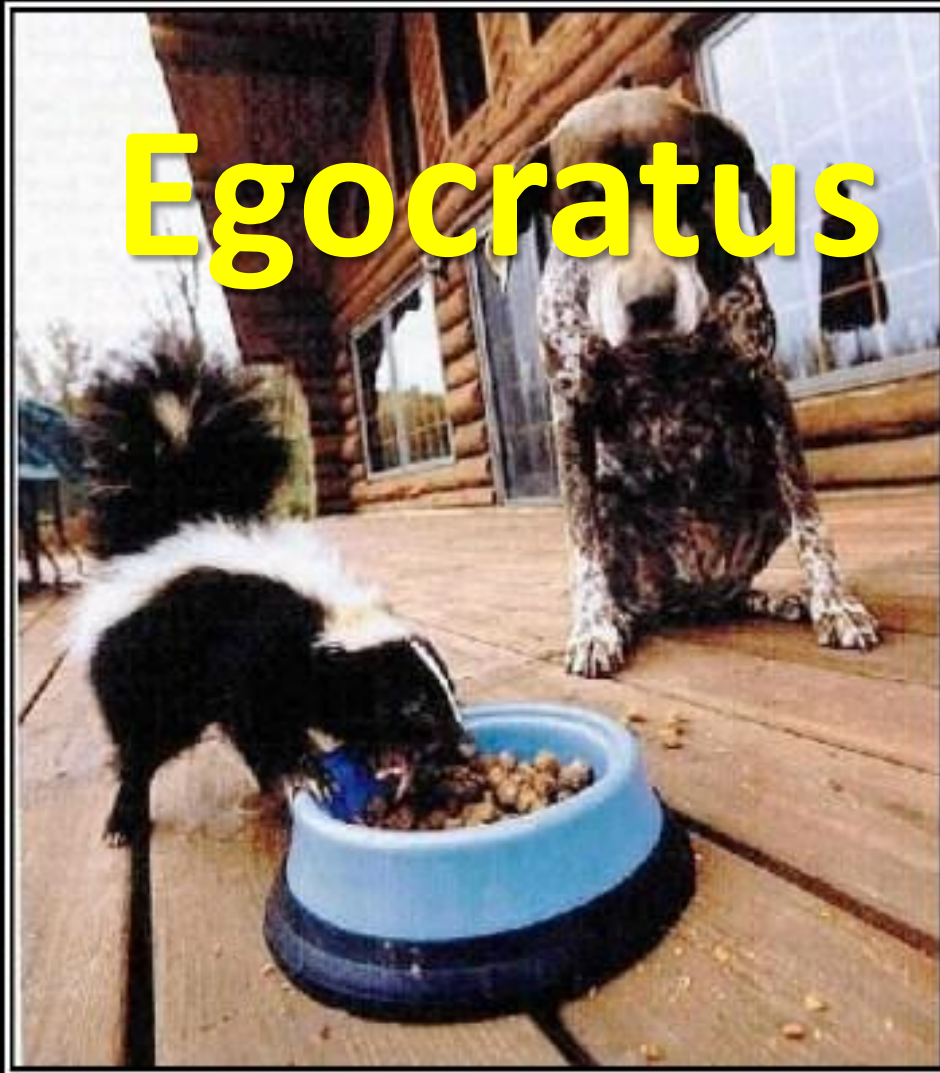
Humility

PATIENCE

Faithfulness

Kindness

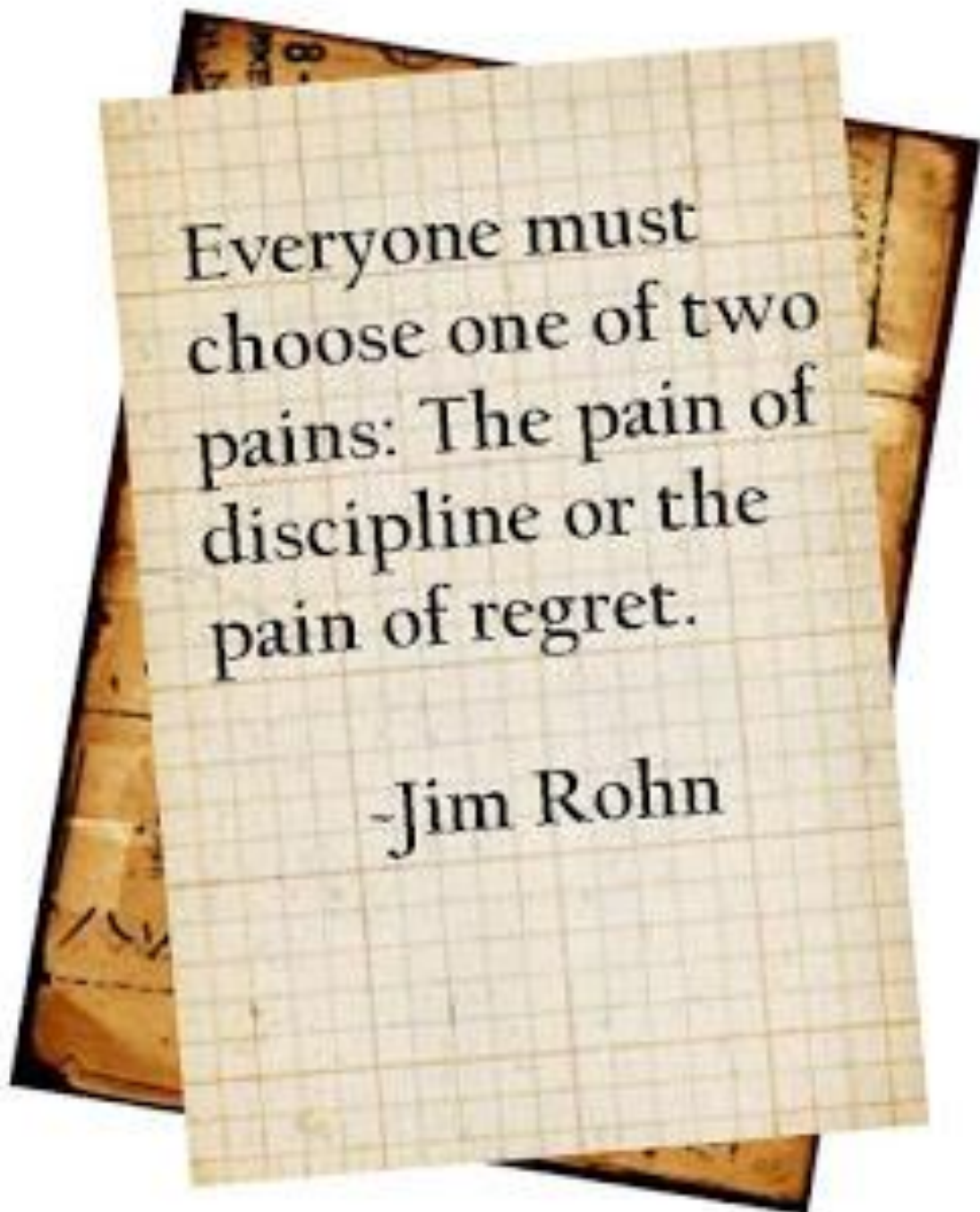
Generosity



# Egocratus

**SELF CONTROL**

The secret to a long and stink free life.



Everyone must  
choose one of two  
pains: The pain of  
discipline or the  
pain of regret.

-Jim Rohn

# SELF-CONTROL

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1

STOP

2

think

3

what could happen?

4

is that what you want?

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*But the fruit of the Spirit is  
love, joy, peace, patience,  
kindness, goodness,  
faithfulness, gentleness and  
**SELF-CONTROL**. Against  
such things there is no law.*

*~ Galatians 5:22-23*

**Love** And you must love the LORD your God with all your heart, all your soul, and all your strength. Deuteronomy 6:5 (NLT)

**Peace** May the Lord show favor toward you, and give you peace. Numbers 6:26 (NLT)

**Faithfulness** Great is Your faithfulness. Lamentations 3:23b (NASB)

My heart leaps for joy and I will give thanks to him in song. Psalm 28:7 (NIV)

**Joy**

**Goodness** Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the LORD forever. Psalm 23:6 (KJV)

**Gentleness** Pursue a godly life, along with faith, love, perseverance, and gentleness. 1 Timothy 6:11b (NLT)

Meanwhile, the saints stand passionately patient, keeping God's commands, staying faithful to Jesus. Revelation 14:12 (The Message)

**Self-Control** A person without self-control is like a house with its doors and windows knocked out. Proverbs 25:28 (The Message)

**Kindness** But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Galatians 5:22-23a (NIV)