

CORE Expressions
Patience and Self-Control
Week 4

Expressions: The Fruit of the Spirit

The _____ of walking in step with the Holy Spirit

Galatians 5:22–23 (NIV)

22 But the fruit of the Spirit is love, joy, peace, **forbearance**, kindness, goodness, faithfulness,
23 gentleness and **self-control**. Against such things there is no law.

Forbearance = _____, patience

Self-control = _____ over self

CORE Expression - Patience

Personal Statement:

I express patience through the working of the Holy Spirit because I know God is in control of the timing of my life and the lives of others.

2 Peter 3:9

⁹The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance.

Question:

Do you have "Hurry Up Syndrome"?

What causes you the most impatient moments?

What Patience is Not:

1. Patience isn't a _____ power issue.
2. Patience isn't being _____
3. Patience isn't pushing aside _____ – you still have to be prompt
4. Patience isn't just controlling your _____

Patience is....

....the God given ability to bear the _____ of life, rather than _____ under it.

2 Corinthians 4:7-12

7 But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. 8 We are hard pressed on every side, but not crushed; perplexed, but not in despair; 9 persecuted, but not abandoned; struck down, but not destroyed.

....a calm _____ based on the certain knowledge that God is in _____.

Hebrews 11:1–2 (NIV)

11 Now faith is confidence in what we hope for and assurance about what we do not see. ²This is what the ancients were commended for.

....a trust in God's _____.

2 Peter 3:8–9 (NIV)

⁸But do not forget this one thing, dear friends: With the Lord a day is like a thousand years, and a thousand years are like a day. ⁹The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance.

....a confidence in God's _____. I can't handle this, but God can.

Psalms 18:1–2 (NIV)

¹I love you, Lord, my strength.

²The Lord is my rock, my fortress and my deliverer;
my God is my rock, in whom I take refuge,
my shield and the horn of my salvation, my stronghold.

....having faith in God's _____

James 5:7–12 (NIV)

⁷Be patient, then, brothers and sisters, until the Lord's coming. See how the farmer waits for the land to yield its valuable crop, patiently waiting for the autumn and spring rains. ⁸You too, be patient and stand firm, because the Lord's coming is near. ⁹Don't grumble against one another, brothers and sisters, or you will be judged. The Judge is standing at the door!

¹⁰Brothers and sisters, as an example of patience in the face of suffering, take the prophets who spoke in the name of the Lord. ¹¹As you know, we count as blessed those who have persevered. You have heard of Job's perseverance and have seen what the Lord finally brought about. The Lord is full of compassion and mercy.

¹²Above all, my brothers and sisters, do not swear—not by heaven or by earth or by anything else. All you need to say is a simple "Yes" or "No." Otherwise you will be condemned.

Summary

1. Let God fill your life with His powerful Spirit. The pressure within has to be greater than the pressure from without.
2. Trust in God's control of your life
3. Trust in God's timing
4. Depend on God's Strength
5. Have faith in God's promises

Self Control

Mastery or strong in a thing

2 Peter 1:5-9

5 For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; 6 and to knowledge, **self-control; and to self-control**, perseverance; and to perseverance, godliness; 7 and to godliness, brotherly kindness; and to brotherly kindness, love. 8 For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. 9 But if anyone does not have them, he is nearsighted and blind, and has forgotten that he has been cleansed from his past sins. NIV

The Self Help Hoax:

1. **It is based on a _____ premise – it's all about me**

2 Timothy 3:1–5 (NIV)

But mark this: There will be terrible times in the last days. ² **People will be lovers of themselves**, lovers of money, boastful, proud, abusive, disobedient to their parents, ungrateful, unholy, ³ without love, unforgiving, slanderous, **without self-control**, brutal, not lovers of the good, ⁴ treacherous, rash, conceited, lovers of pleasure rather than lovers of God—⁵ having a form of godliness but denying its power. Have nothing to do with such people.

2. **It is based on self-motivated _____ – it's all within my power**

2 Peter 1:5–9 (NIV)

⁵ For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; ⁶ and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; ⁷ and to godliness, mutual affection; and to mutual affection, love. ⁸ For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. ⁹ **But whoever does not have them is nearsighted and blind**, forgetting that they have been cleansed from their past sins.

3. **Self-power cannot replenish itself without a power _____ than itself.**

“If self needs help, then why would you look to self for help. In other words, if self-help worked then why would self ever need help in the first place.

Bluntly put, SELF HELP DOES NOT HELP SELF”

Some of the symptoms of an Out-of-control life are

1. **Uncontrolled _____.**

Proverbs 6:26: “For the prostitute reduces you to a loaf of bread, and the adulteress preys upon your very life.”

2. **Uncontrolled _____.**

Proverbs 21:20: “In the house of the wise are stores of choice food and oil, but a foolish man devours all he has.”

3. **Uncontrolled _____.**

Proverbs 23:4: “Do not wear yourself out to get rich; have the wisdom to show restraint.”

4. Uncontrolled _____.

Proverbs 23:29-30: "Who has woe? Who has sorrow? Who has strife? Who has complaints? Who has needless bruises? Who has bloodshot eyes? Those who linger over wine, who go to sample bowls of mixed wine."

5. Uncontrolled _____.

Proverbs 29:11 says, "A fool gives full vent to his anger, but a wise man keeps himself under control."

What is Self-Control?

1. It is the God given ability to master _____

"No conflict is so severe as his who labors to subdue himself." —Thomas A. Kempis [1]

2. It is the God given ability to control self's _____

3. It is the God given ability to restrain self's _____

Developing Self-Control requires..

...A passionate seeking after the _____ of the Holy Spirit in our lives.

Ephesians 5:18

18 Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit. NIV

...A passionate desire to _____ the word of God in regards to truth, belief and conviction

- a. Truth shapes reality
- b. Belief shapes conviction
- c. Conviction shapes behavior

...An appreciation for the work of _____

Titus 2:11-14

11 For the grace of God that brings salvation has appeared to all men. 12 It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, 13 while we wait for the blessed hope—the glorious appearing of our great God and Savior, Jesus Christ, 14 who gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good. NIV

...A discipline of _____ to God and His will.

1 Corinthians 9:25-27

25 Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. 26 Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. 27 No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize. NIV

Conclusion:

1. Self-control happens when a power greater than "self" is in control.
2. The only power that is greater than "self" is the power of the Holy Spirit.
3. We must seek to have the power of the Holy Spirit in our lives so that "self" can be controlled.