The fruit of the Spirit – Self-control Galatians 5:22-23, 2 **Timothy 1:7 CEV**

Read

Galatians 5:22-23 RSV But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such, there is no law.

The fruit of the Spirit is the result of the working of the Holy Spirit in a Christian's life. The fruit of the Spirit indicates the actions or deeds of a Christian affected by the Holy Spirit.

The fruit of the Spirit: Self Control.

2 Timothy 1:7 CEV God's Spirit doesn't make cowards out of us. The Spirit gives us power, love, and self-control.

Self-control is the ability to control your thinking, emotions and behaviours regarding challenges, temptations and problems that come your way.

Let us answer the following questions.

What would you do if someone accidentally bumped you with his bookbag?

What would you do if someone falsely accused you?

What does your dad or mom do when a slow driver is in front of them?

What do you do if you should study for an important test or exam?

What choice do you make when someone asks you to do something wrong?

What do you do when your teacher asks you to solve a math problem on your own and in silence?

In our daily lives, there are many temptations. Temptations are like disregarding or violating the school rules or the road rules. We can have temptations to eat more than we should. Temptation is when we eat sweets instead of nutritious food. There are temptations to visit the wrong places on the internet.

Self-control is to say no to temptations. Self-control is being able to look after yourself. It is to control your behaviour.

Without self-control, it is not possible to bear the other fruits of the Spirit.

Think, for example, of love. Jesus summed up the Ten Commandments in two commandments. You must love the Lord your God with all your heart, whole mind and soul and your neighbour as yourself. If you love Jesus, you will make time with Jesus. You will have the self-control to read the Bible daily, go to church, and pray. If you love your neighbour, you will show self-control and treat your neighbour as you would like your neighbour to treat you.

Where should we show self-control?

At school, must follow school rules. We should study when we write tests or exams. We have to do our homework. We need to control ourselves in the classroom and keep quiet when our teachers expect it from us.

We need to exercise self-control when our peers swear around us, not to do the same.

We must exercise self-control to serve the Lord faithfully.

If we cannot exercise self-control, it is very easy to become addicted. We exercise self-control when we say no to alcohol or drugs.

Self-control is very difficult to apply, but it is possible with the help of the Lord.

Die vrug van die gees: Self beheersing Galasiërs 5:22, 2 Timoteus 1:7

Lees

GALASIËRS 5:22 Die vrug van die Gees, daarteenoor, is liefde, vreugde, vrede, geduld, vriendelikheid, goedhartigheid, getrouheid, nederigheid en selfbeheersing. Teen sulke dinge het die wet niks nie

Die vrug van die gees is die resultaat van die werking van die Heilige Gees in 'n Christen se lewe. Die vrug van die gees dui op aksies of dade van 'n Christen wat deur die Heilige Gees bewerkstellig word.

Die vrug van die Gees: Selfbeheersing

2 TIMOTEUS 1:7 Want God het ons nie ’n gees van lafhartigheid gegee nie, maar van krag, liefde en selfbeheersing.

Selfbeheersing is die vermoë om jou denke emosies en gedrag te beheer ten opsigte van uitdagings versoekings en probleme wat op jou pad kom.

Wat sal jy doen as iemand jou per ongeluk met sy boeksak stamp?

Wat sal jy doen as iemand jou vals beskuldig?

Wat doen jou pa of ma is iemand met hulle motor voor julle indraai?

Wat doen jy as jy vir belangrike toets of eksamen moet leer?

Watter keuse maak jy as iemand jou vra om iets verkeerd te doen?

Wat doen jy as jou onderwyser jou vra om op jou eie en in stilte 'n wiskunde probleem op te los?

In ons daaglikse lewens is daar baie versoekings. Versoekings is soos om die skoolreëls of die padreëls te verontagsaam of te oortree. Versoekings om meer te eet as wat jy moet. Om lekkergoed te eet in plek van voedsame kos. Versoekings om verkeerde plekke op die internet te gaan besoek.

Self beheer is om nee te sê vir die versoekings. Selfbeheer is om na jouself te kan kyk. Jou eie gedrag te beheer.

Sonder selfbeheersing is dit nie moontlik om die ander vrugte van die gees te dra nie.

Dink byvoorbeeld aan die liefde. Jesus het die tien gebooie saamgevat in twee gebooie. Jy moet die Here jou God liefhê met jou hele hart hele verstand en siel en jou naaste soos jouself. As jy Jesus liefhet sal jy tyd maak saam met Jesus. Jy sal selfbeheersing hê om daagliks uit die Bybel te lees, kerk toe te gaan om te bid. As jou naaste lief het sal jy selfbeheersing toon teenoor jou naaste en jou naaste behandel soos wat jy behandel wil word.

Waar moet ons selfbeheersing wys?

By die skool moes ons skool reëls volg. Wanneer ons toetse of eksamen skryf moet ons leer. Ons moet ons huiswerk doen. Ons moet onsself beheer in die klaskamer en stilbly wanneer ons onderwysers dit verwag van ons.

Ons moet selfbeheersing toepas wanneer ons maats om ons vloek en dit maklik sal wees om ook saam te vloek.

Ons moet selfbeheersing toepas om die Here getrou te dien.

Indien ons nie selfbeheersing kan toepas nie is dit baie maklik om verslaaf te kan raak. Ons pas selfbeheersing toe wanneer ons nee sê vir drank of dwelms.

Selfbeheersing is baie moeilik om toe te pas maar met die hulp van die Here is dit moontlik.