

Galatians 5:19-26

The Flesh; Walking by the Spirit

Day 1

Read Galatians 5:16-21

Actions and attitudes of our sinful nature

1. Underline or highlight in 5:16-26 (in your bible or the scripture pages in your notebook) each reference to and description of the Spirit. List them here.

5:16 *walk by the Spirit*

2. What does Paul mean, "the deeds of the flesh are *evident/obvious*"? 5:19

IT'S GREEK TO ME **Flesh/sinful nature** Strong's NT:4561 *sarx*, the sensuous nature of man, the animal nature with cravings which incite to sin; "The physical, sensual nature of man."
-Vines Expository Dictionary

3. Underline and summarize what these verses say about "the flesh":

- Galatians 5:16 So I say, walk by the Spirit, and you will not gratify the desires of the flesh.
(*Ex: If I live in the Spirit's power, I won't carry out the desire of my sinful nature*)
- 2 Corinthians 10:3-4 For though we walk in the flesh, we do not war according to the flesh, for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses (strongholds).
- John 3:5-7 Flesh gives birth to flesh, but the Spirit gives birth to spirit.
- Romans 8:5 Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.
- Romans 8:6-8 The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. Those who are in the realm of the flesh cannot please God.

4. How does 5:16-18 compare with Romans 8:12-15? Put in your own words what it means to have the Spirit of God.

¹² Therefore, dear brothers and sisters, you have no obligation to do what your sinful nature urges you to do. ¹³ For if you live by its dictates, you will die. But if through the power of the Spirit you put to death the deeds of your sinful nature, you will live. ¹⁴ For all who are led by the Spirit of God are children of God. ¹⁵ So you have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when he adopted you as his own children. Now we call him, "Abba, Father."

Romans 8:12-15 NLT

5. Read the chart on the following page. What thoughts or questions do you have about these "deeds of the flesh?"

FYI: David Guzik groups Paul's list in four categories: 5:19 "sensual" sins, 5:20a "religious" sins, 5:20b-21a "interpersonal" sins, and "social" sins 5:21

IT'S GREEK TO ME: "practice" (5:21) Strong's NT:4238 *prasso* "to do, work, practice," is said of continuous action, or action not yet completed; a habit (Vine's)

"The verb *prassontes* [practice] referring to habitual practice rather than an isolated lapse." (Stott) - David Guzik

"There is a brand new life. It doesn't mean you cannot sin. It does not mean you cannot struggle with a specific sin. It does not mean that you can't repeat that sin. But you are miserable when you do repeat that sin because the Holy Spirit lives within you. The Holy Spirit is there to convict you and bring you back to the Cross to where you can repent and go on and wear that new garment."

- Wayne Barber

FYI: "We think that idols are bad things, but that is almost never the case. The greater the good, the more likely we are to expect that it can satisfy our deepest needs and hopes. Anything can serve as a counterfeit god, especially the very best things in life."

"Idolatry is making a good aspect of creation – marriage, mountains, business, and so on – into the ultimate source of security, identity, and power...If our children are our false god, when their lives are troubled, we will lose our joy; and even when their lives might become troubled (which is all the time!), we will worry, and lose our joy."

"To live for anything else but God leads to breakdown and decay. When a fish leaves the water, which he was built for, he is not free, but dead. Worshiping other things besides God leads to a loss of meaning. If we achieve these things, they cannot deliver satisfaction, because they were never meant to be 'gods.' They were never meant to replace God. Worshiping other things besides God also leads to self-image problems. We end up defining ourselves in terms of our achievement in these things. We must have them or all is lost; so they drive us to work too hard, or they fill us with terror if they are jeopardized."

- **Keller Quotes**, Timothy Keller

Applying the Word: Why do you think Paul goes into so much detail in listing sins? (Consider the Galatians background.) How would listing these have been helpful to the Galatians? Is there any way this is helpful to you in your journey?

Word and verse	Definition
Sexual immorality v19 NT:4202 <i>porneia</i>	"any illicit sexual intercourse" Literally "fornication," which Webster's Dictionary defines as "Voluntary sexual intercourse between two unmarried persons or two persons not married to each other." (See 1 Corinthians 6:13-20)
Impurity v19 NT:167 <i>akatharsia</i>	in a moral sense, the impurity of lustful, luxurious, profligate living (profligate: shamelessly immoral or debauched; wildly extravagant or wasteful) "whatever is contaminating in word or look, in gesture or in dress, in thought or sentiment." (The Expositor's Bible Commentary) also <i>translated</i> "uncleanness," and covers impure speech, or suggestive speaking filled with double meanings. (David Guzik)
Sensuality/lustful pleasures v19 NT:766 <i>aselgeia</i>	sexually lawless or unrestrained; loose; lascivious; wanton behavior, arousing sexual desire, lewd, obscene or indecent Also translated " <i>lasciviousness</i> ," this is uncleanness open and shameless. The filthy jest, the ogling glance, the debauched and sensual face..." (The Expositor's Bible Commentary)
Idolatry v20 NT:1495 <i>eidololatria</i>	the worship of false gods
Sorcery/witchcraft v20 NT:5331 <i>pharmakeia</i>	the service and worship of occult and spiritual powers apart from the true God.
Enmities/hostility/hatred v20 NT:2189 <i>echthra</i>	hateful, opposite of 'agape'/unconditional love; hostility, animosity, antagonism
Strife/quarreling v20 NT:2054 <i>eris</i>	vigorous or bitter conflict, discord, or antagonism; a quarrel, struggle, or clash; competition or rivalry
Jealousy v20 NT:2205 <i>zelos</i>	an envious and contentious rivalry, jealousy
Outbursts of anger/fits of rage v20 NT:2372 <i>thymos</i>	passionate anger that builds up and soon subsides
Disputes/selfish ambition v20 NT:2052 <i>eritheia</i>	self-seeking pursuits and rivalries
Dissensions/divisions v20 NT:1370 <i>dichostasia</i>	divisions; Vines: "lit., 'a standing apart' (<i>diche</i> , "asunder, apart," <i>stasis</i> , "a standing;" the root di-- indicating 'division'"
Factions v20 NT:139 <i>hairesis</i>	a body of men following their own tenets (sect or party). World English Dictionary: "a group of people forming a minority within a larger body, especially a dissentious group"
Envy v21 NT:5355 <i>phthonos</i>	Vine's Expository Dictionary: 'envy' is the feeling of displeasure produced by witnessing or hearing of the advantage or prosperity of others. David Guzik: "It doesn't so much want what someone else has (as in jealousies), but it is bitter just because someone else has something and we don't."
Carousing/revelries v21 NT:2970 <i>komos</i>	nocturnal and riotous carousing and revelry. Random House Dictionary, <i>carouse</i> : to engage in a drunken revel (boisterous festivity).
Drunkenness, v 21 NT:3178 <i>methe</i>	I ntotoxication (See Ephesians 5:18 and Luke 21:34)

Day 2

Read Galatians 5:22-26

Led by the Spirit

6. What is Paul contrasting in 5:19 and 22?

- What does "fruit" imply? (Consider: How does a tree produce fruit? Cp. Matthew 7:16-20)

FYI: "Life by the Spirit is neither legalism nor license--nor a middle way between them. It is a life of faith and love that is above all of these false ways." (Boice)

"Paul used the plural in describing life after the flesh (*works of the flesh*), but he uses the singular (fruit, not *fruits*, of the Spirit). In the big picture, the Spirit has one work to do in all of us. These aren't the *gifts of the Spirit*, which are distributed on an individual basis by the will of the Spirit; this is something for every Christian." - David Guzik

7. Compare Ephesians 5:18b and Galatians 5:18 & 22. What do you learn about the Holy Spirit? (e.g. What is our responsibility and what is God's?)

8. What does Paul's statement mean that "against such things there is no law"? v23b (Compare Romans 6:14; 7:6)

FYI: "Against such there is no law: Paul speaks with both irony and understatement. There is certainly no law against love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, and self-control. But more so, if a person has this fruit of the Spirit, they don't need the Law. They fulfill it already!

(Morris) "This is a masterly understatement. It draws our attention to the fact that the kind of conduct that Paul has outlined is that which lawmakers everywhere want to bring about." - David Guzik

Choose to walk by the Spirit

9. What does it mean to "crucify the flesh"? 5:24 (Compare Galatians 2:20, 6:14) *Does this verse imply that passions and desires are sinful?*

10. What difference do you see between living by the Spirit and walking by the Spirit? 5:25

11. List Paul's three concerns from 5:26. After all he has covered on living by the flesh and by the Spirit, what did this behavior indicate? 1 Corinthians 3:1-3

Digging Deeper

What does 1 Corinthians 2:14,15 say about people with and without the Spirit?.

Fruit of the Spirit**Love:** "God is love" 1 John 4:16

FYI: "**Love:** *agape* .. It is a love more of *decision* than of the *spontaneous heart*... because it chooses to love the undeserving.,,[Agape] "means unconquerable benevolence. It means that no matter what a man may do to us by way of insult or injury or humiliation we will never seek anything else but his highest good. It is therefore a feeling of the mind as much as the heart; it concerns the will as much as the emotions. It describes the deliberate effort - which we can make only with the help of God - never to seek anything but the best even for those who seek the worst for us." (Barclay) - David Guzik

12. Underline the phrases that describe God's love.

- Exodus 34:6-7 And he passed in front of Moses, proclaiming, "The LORD, the LORD, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, 7 maintaining love to thousands, and forgiving wickedness, rebellion and sin. NIV
- Psalm 13:5 But I trust in your unfailing love; my heart rejoices in your salvation. NIV
- Psalm 17:7 Show the wonder of your great love, you who save by your right hand those who take refuge in you from their foes. NIV
- Psalm 36:5 Your love, O LORD, reaches to the heavens, your faithfulness to the skies. NIV
- Psalm 63:3 Because your love is better than life, my lips will glorify you. NIV
- Psalm 89:2 I will declare that your love stands firm forever, that you established your faithfulness in heaven itself. NIV
- Psalm 118:1 Give thanks to the LORD, for he is good; his love endures forever. NIV
- Psalm 145:8 The LORD is gracious and compassionate, slow to anger and rich in love. NIV
- Jeremiah 31:3 "I have loved you with an everlasting love; I have drawn you with loving-kindness. NIV
- Ephesians 2:4-5 But because of his great love for us, God, who is rich in mercy, 5 made us alive with Christ even when we were dead in transgressions-it is by grace you have been saved. NIV

13. What was the greatest demonstration of love? John 3:16; Romans 5:8**14.** Underline the phrases that describe to what extent we should love.

- John 15:12-14 My command is this: Love each other as I have loved you. 13 Greater love has no one than this, that he lay down his life for his friends. 14 You are my friends if you do what I command. NIV
 - 1 Corinthians 16:14 Let all that you do be done in love. NASU
 - Ephesians 5:1-2 Be imitators of God, therefore, as dearly loved children 2 and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God. NIV
 - 1 Thessalonians 3:12 and may the Lord cause you to increase and abound in love for one another, and for all people, just as we also do for you; NASU
- How do you think we can possibly love each other as God has loved us?

15. Underline what motivates our love for each other.
- 2 Corinthians 5:14-15 For Christ's love compels us, because we are convinced that one died for all, and therefore all died. 15 And he died for all, that those who live should no longer live for themselves but for him who died for them and was raised again. NIV
 - 1 John 4:10-12,19 This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. 11 Dear friends, since God so loved us, we also ought to love one another. 12 No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us...19 We love because he first loved us. NIV
16. What does our love for each other demonstrate to the world? John 13:34-35
17. Read Paul's prayer in Ephesians 3:15-19. Jot down what you learn about love in these verses. (i.e. Where is the source? What is the extent of love? What does it accomplish?)

Day 3 & 4

(Pick one or two fruits of the Spirit to study each day. Be ready to share in your small group what most interested you about the ones you pick.)

Fruit of the Spirit cont.

Joy: "The joy of the LORD is your strength." Nehemiah 8:10

FYI: "Joy is often thought of as a form of happiness or the same as being happy, but they are not the same thing. Joy is a specific spiritual characteristic of a Christ follower. The Bible instructs us to be joyful and rejoice nearly 400 times. The word *rejoice* appears in God's Word over 150 times. Joy in Christ is "gladness or delight in spite of present or extenuating circumstances." The Greek word for joy, *chara*, is closely related to the Greek word for grace, *charis*. In fact, it is the grace of Christ that produces joy in the life of a Christ-follower. Joy is not an emotion, but rather an attitude. No one can tell you to feel happy if you are not—but you can choose to be joyful in spite of your circumstances."

- <http://www.crosspointechurch.com/resources/smallgroups/index.htm>

"Believers are not dependent upon circumstances. Their joy comes not from what they have, but from what they are; not from where they are, but from whose they are; not from what they enjoy, but from that which was suffered for them by their Lord." (Spurgeon)

- David Guzik

18. What is the source of our joy? Romans 15:13

- When and in what should we rejoice? Philippians 4:4

19. Read Psalm 32:1,2. To what did David credit blessedness (happiness)?

20. Underline why we can be joyful in trials.

- Romans 5:3-5 Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; 4 perseverance, character; and character, hope. 5 And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us.
- 1 Peter 1:6-7 In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. 7 These have come so that your faith-of greater worth than gold, which perishes even though refined by fire-may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed. NIV
- 1 Peter 4:12-14 Dear friends, do not be surprised at the painful trial you are suffering, as though something strange were happening to you. 13 But rejoice that you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed. 14 If you are insulted because of the name of Christ, you are blessed, for the Spirit of glory and of God rests on you. NIV

21. Read 2 Corinthians 12:7-10. Why can we even rejoice about our weaknesses?

22. How did Jesus want the disciples to find joy? John 17:13

23. What are some of the things that brought Joy to the apostles?

- Colossians 2:5 For though I am absent from you in body, I am present with you in spirit and delight to see how orderly you are and how firm your faith in Christ is. NIV
- 1 Thessalonians 3:6-9 But Timothy has just now come to us from you and has brought good news about your faith and love. ...Therefore, brothers, in all our distress and persecution we were encouraged about you because of your faith. 8 For now we really live, since you are standing firm in the Lord. 9 How can we thank God enough for you in return for all the joy we have in the presence of our God because of you? NIV
- 3 John 3:3-4 It gave me great joy to have some brothers come and tell about your faithfulness to the truth and how you continue to walk in the truth. 4 I have no greater joy than to hear that my children are walking in the truth. NIV
- Acts 5:41-42 The apostles left the Sanhedrin, rejoicing because they had been counted worthy of suffering disgrace for the Name. NIV (Compare Luke 6:22-23)



Peace: "You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You."
Isaiah 26:3 NKJV

24. Where do and don't we find peace? John 16:33; Romans 5:1

25. Read Philippians 4:6-9. What actions and attitudes lead to peace?

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26. What should we do when we are worried and why?

- Psalm 55:22 Cast your cares on the LORD and he will sustain you; he will never let the righteous fall. NIV
- 1 Peter 5:7 Cast all your anxiety on Him because He cares for you.
- Hebrews 4:15-16 For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are - yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. NIV

Applying the Word: *"Let the peace of Christ rule in your hearts, since as members of one Body you were called to peace. And be thankful."* Colossians 3:15
 [Rule = to arbitrate, to govern (figuratively, prevail)]

How can you choose to let Christ's peace rule instead of circumstances?



Patience

27. Why is God patient with us? Romans 2:4; 2 Peter 3:9

- Why was God patient with Paul? 1 Timothy 1:16

28. What does patience with others require? Ephesians 4:2

- What kind of people should we be patient with? 1 Thessalonians 5:14

29 Underline how we should persevere.

- John 15:5..."I am the Vine; you are the branches. If a man remains in Me and I in him, he will bear much fruit; apart from Me you can do nothing."
- 1 Corinthians 15:58 Therefore, my dear brothers, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know your labor in the Lord is not in vain.

Food for Thought: "Instant success is a myth. Standing on top of the mountain is a thrill, but getting to the top requires a persistent climb. Almost every significant success comes at the end of a long wait....Bearing the fruit of the Spirit will take time."
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30. What did James say about trials and persevering? James 1:2-4



Kindness, Goodness: “Be kind to one another...” Ephesians 4:32 NASU

Kindness NT:5544 *chrestotes* ; usefulness, i.e. moral excellence (in character or demeanor)

Goodness NT:19 *agathosune* (ag-ath-o-soo'-nay); NT:18; goodness, i.e. virtue or beneficence - Strong's Concordance

"It signifies "not merely goodness as a quality, rather it is goodness in action, goodness expressing itself in deeds...in grace and tenderness and compassion."
- Vine's Expository Dictionary of Biblical Words

31. What ultimate act demonstrated God's kindness to us? Titus 3:3-5

- What kindness awaits us? Ephesians 2:6-7

32. How does God feel about kindness? Jeremiah 9:24

33. What kindness (compassionate acts) did Jesus perform?

- Matthew 9:35-37 Jesus went through all the towns and villages, teaching in their synagogues, preaching the good news of the kingdom and healing every disease and sickness. 36 When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd. NIV
- Matthew 15:32 Jesus called his disciples to him and said, "I have compassion for these people; they have already been with me three days and have nothing to eat. I do not want to send them away hungry, or they may collapse on the way." NIV
- Mark 1:40-42 A man with leprosy came to him and begged him on his knees, "If you are willing, you can make me clean." 41 Filled with compassion, Jesus reached out his hand and touched the man. "I am willing," he said. "Be clean!" 42 Immediately the leprosy left him and he was cured. NIV
- Matthew 14:14 When Jesus landed and saw a large crowd, he had compassion on them and healed their sick. NIV

34. What is our standard for what is “good?”

- Luke 18:18
- Psalm 16:2
- Note: What did Jesus call Himself? John 10:11

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35. How do you think a lot of people measure what is good apart from Scripture?

36. What is one of the results of good deeds? Matthew 5:16

- Whom should we include when we do good deeds? Luke 6:35

37. In Ephesians 2:10, how does God describe us and His purpose for us?

Applying the Word: Is there something “good” that God has been prompting you to do? How can you reach out TODAY to someone in kindness and goodness? (e.g. Bake some goodies; write a note; make a call, visit someone in need; look for a place where you can serve... and then sign up!)



Faithfulness:

38. Underline the phrases that describe God’s faithfulness.

- Deuteronomy 32:4 He is the Rock, his works are perfect, and all his ways are just. A faithful God who does no wrong, upright and just is he. NIV
- Psalm 33:4 For the word of the LORD is right and true; he is faithful in all he does.” NASU
- Psalm 89:1-2 I will sing of the LORD's great love forever; with my mouth I will make your faithfulness known through all generations. 2 I will declare that your love stands firm forever, that you established your faithfulness in heaven itself. NIV
- Psalm 89:8 O LORD God Almighty, who is like you? You are mighty, O LORD, and your faithfulness surrounds you. NIV
- Psalm 100:5 For the LORD is good and his love endures forever; his faithfulness continues through all generations. NIV
- 1 Corinthians 1:9 God is faithful, through whom you were called into fellowship with His Son, Jesus Christ our Lord. NASU

39. What view did King David have of God because of God’s faithfulness? Psalm 91:1-3

Food for Thought: “Scripture makes it clear that we have a God Who can be trusted no matter what. Most of us know this in our heads, and would even confess our belief in God... but do our lives demonstrate trust in Him daily? How many people trust Christ with their eternity, but fail to remain faithful to Him in the details of life? Obedience and faith go together. Obedience demonstrates faith. Disobedience demonstrates a lack of faith.”
- <http://www.crosspointechurch.com/resources/smallgroups/index.htm>

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40. What response should we have to God's faithfulness? Hebrews 10:23

- Psalm 92:1-2



Gentleness:

Gentleness: NT:4240 prautes; mildness, i.e. (by implication) humility: KJV - meekness.
 "It is an inwrought grace of the soul; and the exercises of it are first and chiefly towards God. It is that...spirit in which we accept His dealings with us as good, and therefore without disputing or resisting; it is closely linked with the word [humility], and follows directly upon it." - Vine's Expository Dictionary of Biblical Words
 " The word has the idea of being teachable, not having a superior attitude, not demanding one's rights. It isn't timidity or passiveness; "It is the quality of the man who is always angry at the right time and never at the wrong time." (Barclay)
 "Meekness is the opposite of self-seeking. It does not mean that a person is weak. In fact, it is power under control."
 - <http://www.crosspointechurch.com/resources/smallgroups/index.htm>

41. What attitude did the disciples often struggle with? Luke 9:46-48

- What attitude should we have? Philippians 2:5-8

42. How did Jesus describe Himself? Matt 11:28-30 What should that encourage us to do?

- How has God treated us? Psalm 103:8-13

43. Read through the following verses on gentleness/humility.

- Proverbs 15:1 A **gentle** answer turns away wrath, But a harsh word stirs up anger. NASU
- Proverbs 11:2 When pride comes, then comes disgrace, but with **humility** comes wisdom.
- Proverbs 15:33 The fear of the LORD teaches a man wisdom, and **humility** comes before honor.
- 1 Peter 5:5-7 All of you, clothe yourselves with **humility** toward one another, because, "God opposes the proud but gives grace to the **humble**." 6 **Humble** yourselves, therefore, under God's mighty hand, that he may lift you up in due time. NIV
- 1 Peter 3:3-5 Your beauty...should be that of your inner self, the unfading beauty of a **gentle** and quiet spirit, which is of great worth in God's sight.
- 1 Peter 3:15-16 But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with **gentleness** and respect, 16 keeping a clear conscience, so that those who speak maliciously against your good behavior in Christ may be ashamed of their slander. NIV

- 2 Timothy 2:24-25 And the Lord's servant must not quarrel; instead, he must be kind to everyone, able to teach, not resentful. Those who oppose him he must gently instruct, in the hope that God will grant them repentance leading them to a knowledge of the truth,NIV
- Galatians 6:1 Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted NIV
- Ephesians 4:1-2 As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. 2 Be completely **humble** and gentle; be patient, bearing with one another in love. NIV

- From these verses, how would you explain the wisdom or “strength” of a humble person?

Digging Deeper

For an interesting comment about Moses, see Numbers 12:3



Self-Control:

44. In the following, underline in what areas and how we are commanded to exercise self-control.

- In the same way, count yourselves dead to sin but alive to God in Christ Jesus. Therefore do not let sin reign in your mortal body so that you obey its evil desires. Do not offer the parts of your body to sin, as instruments of wickedness, but rather offer yourselves to God, as those who have been brought from death to life; and offer the parts of your body to Him as instruments of righteousness. Romans 6:11-13
- Do you not know that your body is a temple of the Holy Spirit, Who is in you, Whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your body. 1 Corinthians 6:19-20
- Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Philippians 4:8
- We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. 2 Corinthians 10:5

45. What picture does Paul give in 1 Corinthians 9:25-28 of maintaining self-control? 9:25-27

Applying the Word: Which fruits would you like to see growing more in your life? Pick one “fruit” and ask the Holy Spirit to produce that in you as you submit to Him.