



Growth Group Questions June 14, 2026

CONTEXT

In Galatians 5:23, the final fruit of the Spirit is self-control. It is the Greek word, *enkrateia*. It comes from two words: *en* meaning *in* and *kratos* which means *strength, power or mastery*. This word is used in different parts of the New Testament including Acts and 1 Corinthians to show discipline in stark contrast to a weakness of will.

This week, we will look into many aspects of this concept, including the teachings of Jesus that we find in Matthew 7. Jesus commands us not to judge others. When we feel convicted about right and wrong, we often use this as a tool to convict others, rather than working on ourselves.

As we focus on being connected to the Holy Spirit, we see the evidence in our lives that allows us to have power in controlling our urges and even controlling the temptation to accuse others of wrongdoing. The spirit of God allows us to overcome temptations and to show the result of living according to God's ways so that we grow and become more and more like Jesus.

SCRIPTURE

Galatians 6:7-8

⁷ Don't be misled—you cannot mock the justice of God. You will always harvest what you plant. ⁸ Those who live only to satisfy their own sinful nature will harvest decay and death from that sinful nature. But those who live to please the Spirit will harvest everlasting life from the Spirit.

Matthew 7:1-5

¹ "Do not judge others, and you will not be judged. ² For you will be treated as you treat others. The standard you use in judging is the standard by which you will be judged. ³ "And why worry about a speck in your friend's eye when you have a log in your own? ⁴ How can you think of saying to your friend, 'Let me help you get rid of that speck in your eye,' when you can't see past the log in your own eye? ⁵ Hypocrite! First get rid of the log in your own eye; then you will see well enough to deal with the speck in your friend's eye.



Galatians 5:13-15

¹³ For you have been called to live in freedom, my brothers and sisters. But don't use your freedom to satisfy your sinful nature. Instead, use your freedom to serve one another in love. ¹⁴ For the whole law can be summed up in this one command: "Love your neighbor as yourself." ¹⁵ But if you are always biting and devouring one another, watch out! Beware of destroying one another.

John 15:1-4

¹ "I am the true grapevine, and my Father is the gardener. ² He cuts off every branch of mine that doesn't produce fruit, and he prunes the branches that do bear fruit so they will produce even more. ³ You have already been pruned and purified by the message I have given you. ⁴ Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me.

Matthew 6:33

³³ Seek the Kingdom of God^[a] above all else, and live righteously, and he will give you everything you need.

James 4:7-8

⁷ So humble yourselves before God. Resist the devil, and he will flee from you. ⁸ Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world.

1 Corinthians 10:13

¹³ The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.

QUESTIONS

1. How do you define "self-control" as a fruit of the Holy Spirit?
2. Which people in the Bible demonstrated the type of self-control that is a fruit of the Holy Spirit?
3. Why is self-control a necessary step in Christian maturity?
4. Pastor Chad said that we all have the ability to "harness the power of the Holy Spirit in our lives." How do we harness this power to help us develop and demonstrate self-control?
5. How does relying on the Holy Spirit change the way you fight bad habits or resist temptation?
6. What do you see as the relationship between self-control and the other fruit of the Spirit?
7. Reflecting on this sermon series and your group discussions over the past ten weeks, how has your understanding changed or grown regarding the fruit of the Spirit?
8. What did you learn from this sermon series that challenged you most?
9. What did you learn from this sermon series that encouraged you most?

