

The Fruit Of The Spirit



A series of six bible studies

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Notes Page

The Fruit Of The Spirit - Introduction

SPIRITUAL FRUIT

The “fruit of the Spirit” is a phrase that originates in Galatians 5:22-23:

Galatians 5:22-23 HCSB But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faith, (23) gentleness, self-control. Against such things there is no law.

But the idea of *spiritual fruit* flows throughout the New Testament!

Read the following verses then fill in the table over the page. You can do this in groups of two or three.

Matthew 3:8-10 HCSB Therefore produce fruit consistent with repentance. (9) And don't presume to say to yourselves, 'We have Abraham as our father.' For I tell you that God is able to raise up children for Abraham from these stones! (10) Even now the ax is ready to strike the root of the trees! Therefore every tree that doesn't produce good fruit will be cut down and thrown into the fire.

Matthew 7:15-20 HCSB "Beware of false prophets who come to you in sheep's clothing but inwardly are ravaging wolves. (16) You'll recognize them by their fruit. Are grapes gathered from thornbushes or figs from thistles? (17) In the same way, every good tree produces good fruit, but a bad tree produces bad fruit. (18) A good tree can't produce bad fruit; neither can a bad tree produce good fruit. (19) Every tree that doesn't produce good fruit is cut down and thrown into the fire. (20) So you'll recognize them by their fruit.

Matthew 13:23 HCSB But the one sown on the good ground--this is one who hears and understands the word, who does bear fruit and yields: some 100, some 60, some 30 times what was sown."

John 15:1-8 HCSB "I am the true vine, and My Father is the vineyard keeper. (2) Every branch in Me that does not produce fruit He removes, and He prunes every branch that produces fruit so that it will produce more fruit. (3) You are already clean because of the word I have spoken to you. (4) Remain in Me, and I in you. Just as a branch is unable to produce fruit by itself unless it remains on the vine, so neither can you unless you remain in Me. (5) "I am the vine; you are the branches. The one who remains in Me and I in him produces much fruit, because you can do nothing without Me. (6) If anyone does not remain in Me, he is thrown aside like a branch and he withers. They gather them, throw them into the fire, and they are burned. (7) If you remain in Me and My words remain in you, ask whatever you want and it will be done for you. (8) My Father is glorified by this: that you produce much fruit and prove to be My disciples.

John 15:16 HCSB You did not choose Me, but I chose you. I appointed you that you should go out and produce fruit and that your fruit should remain, so that whatever you ask the Father in My name, He will give you.

Romans 7:4 HCSB Therefore, my brothers, you also were put to death in relation to the law through the crucified body of the Messiah, so that you may belong to another--to Him who was raised from the dead--that we may bear fruit for God.

Ephesians 5:8-11 HCSB For you were once darkness, but now you are light in the Lord. Walk as children of light-- (9) for the fruit of the light results in all goodness, righteousness, and truth-- (10) discerning what is pleasing to the Lord. (11) Don't participate in the fruitless works of darkness, but instead, expose them.

Philippians 1:9-11 HCSB (9) And I pray this: that your love will keep on growing in knowledge and every kind of discernment, (10) so that you can determine what really matters and can be pure and blameless in the day of Christ, (11) filled with the fruit of righteousness that *comes* through Jesus Christ, to the glory and praise of God.

Colossians 1:9-10 HCSB For this reason also, since the day we heard this, we haven't stopped praying for you. We are asking that you may be filled with the knowledge of His will in all wisdom and spiritual understanding, (10) so that you may walk worthy of the Lord, fully pleasing to Him, bearing fruit in every good work and growing in the knowledge of God.

Hebrews 12:11-13 HCSB No discipline seems enjoyable at the time, but painful. Later on, however, it yields the fruit of peace and righteousness to those who have been trained by it. (12) Therefore strengthen your tired hands and weakened knees, (13) and make straight paths for your feet, so that what is lame may not be dislocated, but healed instead.

James 3:17-18 HCSB But the wisdom from above is first pure, then peace-loving, gentle, compliant, full of mercy and good fruits, without favoritism and hypocrisy. (18) And the fruit of righteousness is sown in peace by those who make peace.

What It Says About Spiritual Fruit: Find the main point/s of the passage. Summarize what it is saying.

Fruit-Producing Principle: What does the passage tell us about how a 'spiritual fruit farmer' should act in order to get the best possible "crop".

<i>Verse</i>	<i>What It Says About Spiritual Fruit</i>	<i>Fruit-Producing Principle/ What We Should Do</i>
Matthew 3:8-10		
Matthew 7:15-20		
Matthew 13:23		
John 15:1-8		
John 15:16		
Romans 7:4		
Galatians 5:22,23 (top of page 1)		
Ephesians 5:8-11		
Philippians 1:9-11		
Colossians 1:9-10		
Hebrews 12:11-13		
James 3:17-18		

The Fruit Of The Spirit - Love



When Jesus or the apostles talk about love they generally use a special Greek word called *agape*, which in older versions is translated “charity”, according to Thayer’s Lexicon *agape* means “brotherly love, affection, good will, love, benevolence”. *Agape* involves doing good to another and having their highest welfare in mind. It is love without a lot of self-interest involved. There were over thirty Greek words for love, unfortunately most of these words were entirely unsuitable for Christian use since many had strong sexual connotations, or involved frenzied psychological states. So the Bible authors selected a little used word for the highest form of love known to man -*agape* and filled this word with rich meaning.

READ 1 Corinthians 13:1-8

1. *If I speak the languages of men and of angels, but do not have love, I am a sounding gong or a clanging cymbal. If I have the gift of prophecy, and understand all mysteries and all knowledge, and if I have all faith, so that I can move mountains, but do not have love, I am nothing. And if I donate all my goods to feed the poor, and if I give my body to be burned, but do not have love, I gain nothing.*

How important is “love” to our value as a human being?

2. *Love is patient; love is kind.*

How does “love” treat other people?

3. *Love does not envy; is not boastful; is not conceited;*

How does “love” think about others? What attitudes does it NOT have?

4. *Does not act improperly; is not selfish;*

How does “love” regard the needs and feelings of others?

5. *Is not provoked; does not keep a record of wrongs;*

How does “love” react to irritating minor daily incidents ?

6. *Finds no joy in unrighteousness, but rejoices in the truth;*

How does “love” react to lies, scams, schemes and deceiving and tricking others?

7. *Bears all things, believes all things, hopes all things, endures all things.*

How does “love” handle the tough times?

8. *Love never ends (Love never fails)*

In what important way is “love” different from things such as admiration, lust, passion and liking...

9. **1 John 3:16-18 HCSB** *This is how we have come to know love: He laid down His life for us. We should also lay down our lives for our brothers. (17) If anyone has this world's goods and sees his brother in need but shuts off his compassion from him--how can God's love reside in him? (18) Little children, we must not love in word or speech, but in deed and truth;*

How is the love of God to be reflected in the love Christians have for each other? What is wrong with ignoring the obvious needs of others ?

10. **1 John 4:7-12 HCSB** *Dear friends, let us love one another, because love is from God, and everyone who loves has been born of God and knows God. (8) The one who does not love does not know God, because God is love. (9) God's love was revealed among us in this way: God sent His One and Only Son into the world so that we might live through Him. (10) Love consists in this: not that we loved God, but that He loved us and sent His Son to be the propitiation for our sins. (11) Dear friends, if God loved us in this way, we also must love one another. (12) No one has ever seen God. If we love one another, God remains in us and His love is perfected in us.*

Who is the Source of love? (v.7,8) _____

How was love revealed to us? (v.9,10) _____

What should we do as a result? (V.7, 11) _____

How does love change or improve us? (V.7,12) _____

The Fruit Of The Spirit - Joy & Peace



Romans 14:17 HCSB for the kingdom of God is not eating and drinking, but righteousness, peace, and joy in the Holy Spirit.

This week we will study two fruits of the Spirit – joy and peace. These fruit set the whole tone of the Christian life. Spirit-filled Christians are noted for being joyful and peaceful - “the happiest people on earth”. This is in contrast to the “sad countenance of the hypocrites” (Matthew 6:16). Jesus was noted for going to parties and Paul tells Christians to ‘rejoice in the Lord always and again I say rejoice.’ The Holy Spirit in us wants to make us joyful, peaceful people.

JOY - Joy is a choice to see the world a certain way. Joy involves a choice to see the good, the wonderful, the surprising and the positive in every situation – simply because God is in every situation and is ultimately working it for good for those who love Him (Romans 8:28). In each of the following verses find:

- a) The cause of joy - the circumstances, event or occasion, what happened.
- b) How godly people interpreted that event so as to rejoice.
- c) The lesson we can learn about being joyful

<i>Verse</i>	<i>Circumstances</i>	<i>Interpretation</i>	<i>Lesson</i>
1. Matthew 5:11-12 HCSB "Blessed are you when they insult you and persecute you and falsely say every kind of evil against you because of Me. (12) Be glad and rejoice, because your reward is great in heaven. For that is how they persecuted the prophets who were before you.			
2. Matthew 13:44 HCSB "The kingdom of heaven is like treasure, buried in a field, that a man found and reburied. Then in his joy he goes and sells everything he has and buys that field. [This is an analogy..]			
3. Luke 10:17-22 HCSB The Seventy returned with joy, saying, "Lord, even the demons submit to us in Your name." (20) However, don't rejoice that the spirits submit to you, but rejoice that your names are written in heaven." (21) In that same hour He rejoiced in the Holy Spirit and said, "I praise You, Father, Lord of heaven and earth, because You have hidden these things from the wise and the learned and have revealed them to infants. Yes, Father, because this was Your good pleasure. (22) All things have been entrusted to Me by My Father. No one knows who the Son is except the Father, and who the Father is except the Son, and anyone to whom the Son desires to reveal Him." [For background context see Luke 10:1-16]			
4. Romans 5:3-5 HCSB And not only that, but we also rejoice in our afflictions, because we know that affliction produces endurance, (4) endurance produces proven character, and proven character produces hope. (5) This hope does not disappoint, because God's love has been poured out in our hearts through the Holy Spirit who was given to us.			

PEACE

Peace is inner stability and tranquility combined with a deep spiritual sense of well-being. Anxiety and turmoil are its opposites. Peace comes through having a strong faith and a deep assured knowledge of God's goodness and also through prayer and thanksgiving. Meditating on the goodness and faithfulness of God brings us into a state of peace. Peace comes from fixing our mind's attention on the right things. In the following verses find:

- a) Where we are to STOP thinking about, or that which we are to forgive or hold loosely.
- b) Where we are to FOCUS our minds., meditate, or contemplate.
- c) The LESSON, principle or obvious outcome

<i>Verses</i>	<i>Stop</i>	<i>Focus</i>	<i>Lesson</i>
5. Philippians 4:6-9 HCSB Don't worry about anything, but in everything, through prayer and petition with thanksgiving, let your requests be made known to God. (7) And the peace of God, which surpasses every thought, will guard your hearts and your minds in Christ Jesus. (8) Finally brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is any praise—dwell on these things. (9) Do what you have learned and received and heard and seen in me, and the God of peace will be with you.			
6. Romans 8:5-6 HCSB For those whose lives are according to the flesh think about the things of the flesh, but those whose lives are according to the Spirit, about the things of the Spirit. (6) For the mind-set of the flesh is death, but the mind-set of the Spirit is life and peace.			
7. James 3:13-18 HCSB Who is wise and understanding among you? He should show his works by good conduct with wisdom's gentleness. (14) But if you have bitter envy and selfish ambition in your heart, don't brag and lie in defiance of the truth. (15) Such wisdom does not come down from above, but is earthly, sensual, demonic. (16) For where envy and selfish ambition exist, there is disorder and every kind of evil. (17) But the wisdom from above is first pure, then peace-loving, gentle, compliant, full of mercy and good fruits, without favoritism and hypocrisy. (18) And the fruit of righteousness is sown in peace by those who make peace.			
8. Colossians 3:12-15 MKJV (12) Therefore, as the elect of God, holy and beloved, put on tender feelings of mercy, kindness, humbleness of mind, meekness, long-suffering, (13) forbearing one another and forgiving yourselves, if anyone has a complaint against any. As Christ forgave you, so also you <i>do</i> . (14) And above all these things <i>put on</i> love, which is <i>the</i> bond of perfectness. (15) And let the peace of God rule in your hearts, to which you also are called in one body, and be thankful.			

SUMMARY / APPLICATION

9. How can Christians go around being joyful? (Philippians 4:4) What needs to change in how we interpret life events?

10. How can Christians find inner peace? (Philippians 4:6-9) What attitudes should we have? Where should we direct our thoughts?

The Fruit Of The Spirit - Patience And Kindness



Colossians 3:12-13 HCSB (12) Therefore, God's chosen ones, holy and loved, put on heartfelt compassion, kindness, humility, gentleness, and patience, (13) accepting one another and forgiving one another if anyone has a complaint against another. Just as the Lord has forgiven you, so also you must forgive.

Patience - is about how we tolerate the irritating faults of others and give them space to repent and to learn and to grow. God is patient with our faults so that we will learn to do better next time. (Romans 2:4) The Greek word used in Galatians 5:22 is "makrothumia" which means - takes a long while before getting angry.

Gentleness/ Kindness - is how we meet the needs of other people, especially those in our power and the weak, the injured, the poor and the vulnerable. The Good Samaritan was a kind person. (Luke 10:30-37) The Greek word used in Galatians 5:22 is "chrestotes" and is translated as gentleness, kindness, or usefulness. It means to be a useful person to those in need giving help that suits the person and the situation..

Discussion starter:

How do you feel when people are:

- a) Impatient with you _____
- b) Patient with you _____
- c) Unkind to you _____
- d) Kind to you _____

In the following verses work out if possible:

- a) Who is being patient or kind or gentle with whom? (e.g. , God being patient with sinners)
- b) Why are they being patient or kind or gentle.
- c) What lesson, principle or conclusion we can learn from this?

<i>Verse</i>	<i>Who</i>	<i>Why</i>	<i>Lesson</i>
<p>1. Matthew 18:23-27 HCSB For this reason, the kingdom of heaven can be compared to a king who wanted to settle accounts with his slaves. (24) When he began to settle accounts, one who owed 10,000 talents was brought before him. (25) Since he had no way to pay it back, his master commanded that he, his wife, his children, and everything he had be sold to pay the debt. (26) "At this, the slave fell face down before him and said, 'Be patient with me, and I will pay you everything!' (27) Then the master of that slave had compassion, released him, and forgave him the loan.</p>			
<p>2. Romans 2:4 HCSB Or do you despise the riches of His kindness, restraint, and patience, not recognizing that God's kindness is intended to lead you to repentance?</p>			

<i>Verse</i>	<i>Who</i>	<i>Why</i>	<i>Lesson</i>
3. 2 Timothy 2:24-25 HCSB The Lord's slave must not quarrel, but must be gentle to everyone, able to teach, and patient, (25) instructing his opponents with gentleness. Perhaps God will grant them repentance to know the truth.			
4. 2 Peter 3:9 HCSB The Lord does not delay His promise, as some understand delay, but is patient with you, not wanting any to perish, but all to come to repentance.			
5. Romans 12:12-13 HCSB Rejoice in hope; be patient in affliction; be persistent in prayer. (13) Share with the saints in their needs; pursue hospitality.			
6. 1 Thessalonians 5:14 HCSB (14) And we exhort you, brothers: warn those who are lazy, comfort the discouraged, help the weak, be patient with everyone.			
7. Galatians 6:1-2 HCSB Brothers, if someone is caught in any wrongdoing, you who are spiritual should restore such a person with a gentle spirit, watching out for yourselves so you won't be tempted also. (2) Carry one another's burdens; in this way you will fulfill the law of Christ.			
8. Colossians 3:12-13 HCSB (12) Therefore, God's chosen ones, holy and loved, put on heartfelt compassion, kindness, humility, gentleness, and patience, (13) accepting one another and forgiving one another if anyone has a complaint against another. Just as the Lord has forgiven you, so also you must forgive.			
9. James 3:17-18 HCSB But the wisdom from above is first pure, then peace-loving, gentle, compliant, full of mercy and good fruits, without favoritism and hypocrisy. (18) And the fruit of righteousness is sown in peace by those who make peace.			
10. Acts 28:1-2 HCSB Safely ashore, we then learned that the island was called Malta. (2) The local people showed us extraordinary kindness, for they lit a fire and took us all in, since rain was falling and it was cold. (After a shipwreck)			

The Fruit Of The Spirit - Goodness And Faith



GOODNESS, n. The state of being good; the physical qualities which constitute value, excellence or perfection; as the goodness of timber; the goodness of a soil.

1. The moral qualities which constitute Christian excellence; moral virtue; religion. The fruit of the Spirit is love, joy, peace, long-suffering, gentleness, goodness, faith. Gal 5.

2. Kindness; benevolence; benignity of heart; but more generally, acts of kindness; charity; humanity exercised. "I shall remember his goodness to me with gratitude."

3. Kindness; benevolence of nature; mercy. The Lord God--abundant in goodness and truth. Exo 34.

4. Kindness; favor shown; acts of benevolence, compassion or mercy. Jethro rejoiced for all the goodness which Jehovah had done to Israel. Exo 18.

For the following verses find:

- The source of goodness - e.g. God, the indwelling Holy Spirit, or a person, action or work.
- The outcomes of the expression of goodness, or the ability that goodness imparts.
- Other virtues associated with goodness in the passage that assist its operation.

<i>Verse</i>	<i>Source of Goodness</i>	<i>Effect Produced</i>	<i>Associated Virtues</i>
1. Romans 15:14 HCSB Now, my brothers, I myself am convinced about you that you also are full of goodness, filled with all knowledge, and able to instruct one another.			
2. Ephesians 5:8-10 HCSB For you were once darkness, but now you are light in the Lord. Walk as children of light-- (9) for the fruit of the light results in all goodness, righteousness, and truth-- (10) discerning what is pleasing to the Lord.			
3. 2 Thessalonians 1:11-12 HCSB (11) And in view of this, we always pray for you that our God will consider you worthy of His calling, and will, by His power, fulfill every desire for goodness and the work of faith, (12) so that the name of our Lord Jesus will be glorified by you, and you by Him, according to the grace of our God and the Lord Jesus Christ.			
4. Titus 3:4-5 HCSB But when the goodness and love for man appeared from God our Savior, (5) He saved us--not by works of righteousness that we had done, but according to His mercy, through the washing of regeneration and renewal by the Holy Spirit.			
5. 2 Peter 1:3-5 HCSB For His divine power has given us everything required for life and godliness, through the knowledge of Him who called us by His own glory and goodness. (4) By these He has given us very great and precious promises, so that through them you may share in the divine nature, escaping the corruption that is in the world because of evil desires. (5) For this very reason, make every effort to supplement your faith with goodness, goodness with knowledge,			

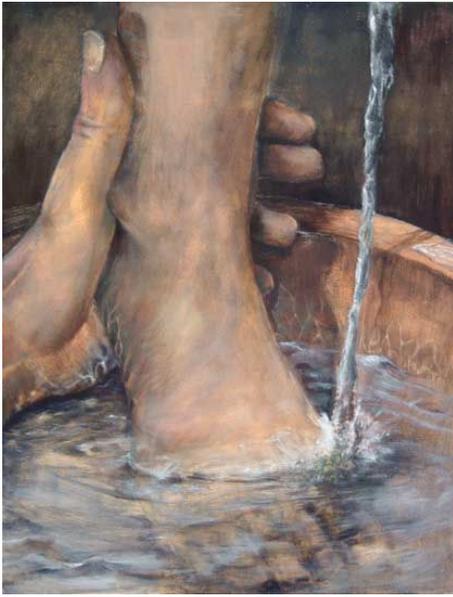
FAITH (Gk. “pistis”) - reliance, trust, belief in God's promises, the ability to trustingly walk hand in hand with God. In Galatians 5:22,23 this is sometimes translated faithfulness, but that is not quite correct, the word there is “pistis” which is the simple ordinary word for faith. Christian faith is like the faith of Abraham, who believed that the goodness and faithfulness of God would be active in his life despite “impossible” circumstances. The Holy Spirit causes Christians to grow in faith.

For the following verses find:

- a) What did they believe or what were they required to believe?
- b) What was the reward that they received when they believed?
- c) What is the faith principle or lesson that we can learn?

<i>Verses</i>	<i>What They Believed</i>	<i>What They Received</i>	<i>Faith Principle</i>
6. Hebrews 11:1,6 HCSB Now faith is the reality of what is hoped for, the proof of what is not seen.. Now without faith it is impossible to please God, for the one who draws near to Him must believe that He exists and rewards those who seek Him.			
7. Matthew 8:5-10 HCSB When He entered Capernaum, a centurion came to Him, pleading with Him, (6) "Lord, my servant is lying at home paralyzed, in terrible agony!" (7) "I will come and heal him," He told him. (8) "Lord," the centurion replied, "I am not worthy to have You come under my roof. But only say the word, and my servant will be cured. (9) For I too am a man under authority, having soldiers under my command. I say to this one, 'Go!' and he goes; and to another, 'Come!' and he comes; and to my slave, 'Do this!' and he does it." (10) Hearing this, Jesus was amazed and said to those following Him, "I assure you: I have not found anyone in Israel with so great a faith! .. Then Jesus told the centurion, "Go. As you have believed, let it be done for you." And his servant was cured that very moment.			
8. Matthew 9:27-29 HCSB As Jesus went on from there, two blind men followed Him, shouting, "Have mercy on us, Son of David!" (28) When He entered the house, the blind men approached Him, and Jesus said to them, "Do you believe that I can do this?" "Yes, Lord," they answered Him. (29) Then He touched their eyes, saying, "Let it be done for you according to your faith!"			
9. Romans 4:17-22 HCSB in God's sight. As it is written: I have made you the father of many nations. He believed in God, who gives life to the dead and calls things into existence that do not exist. (18) Against hope, with hope he believed, so that he became the father of many nations, according to what had been spoken: So will your descendants be. (19) He considered his own body to be already dead (since he was about a hundred years old), and the deadness of Sarah's womb, without weakening in the faith. (20) He did not waver in unbelief at God's promise, but was strengthened in his faith and gave glory to God, (21) because he was fully convinced that what He had promised He was also able to perform. (22) Therefore, it was credited to him for righteousness.			
10. James 5:15-18 HCSB The prayer of faith will save the sick person, and the Lord will raise him up; and if he has committed sins, he will be forgiven. (16) Therefore, confess your sins to one another and pray for one another, so that you may be healed. The intense prayer of the righteous is very powerful. (17) Elijah was a man with a nature like ours; yet he prayed earnestly that it would not rain, and for three years and six months it did not rain on the land. (18) Then he prayed again, and the sky gave rain and the land produced its fruit.			

The Fruit Of The Spirit - Meekness & Self-Control



Meekness and self-control both have to do with how we use the power we have within us.

A meek and gentle person is strong but uses that strength wisely and carefully to help others and not to put them down or oppress them. They put aside their own importance in order to serve others. The Greek word is “prautes” and also means gentleness or humility.

A person with self-control has mastery over their own actions and energy. They can control their own behavior and have command over the decisions that they make. They have the ability to refrain from evil thought, words and actions. It often has goals so an athlete will exercise self-control over his appetite in order to win a race. The Greek word is “egkrateia” and also means continence, temperance, or moderation.

Icebreaker: What happens to people who lack self-control in life?

Meekness

For the following verses find:

- Who is being meek?
- What are the consequences, effects or results of being meek?
- What lesson or principle can we learn from this?

<i>Verses</i>	<i>WHO</i>	<i>EFFECT</i>	<i>LESSON</i>
1. Matthew 5:5 MKJV Blessed are the meek! For they shall inherit the earth.			
2. Matthew 11:28-30 MKJV Come to Me all you who labor and are heavy laden, and I will give you rest. (29) Take My yoke on you and learn of Me, for I am meek and lowly in heart, and you shall find rest to your souls. (30) For My yoke is easy, and My burden is light.			
3. 2 Corinthians 10:1 MKJV (1) And I myself, Paul, beseech you by the meekness and gentleness of Christ; I, who indeed to look upon am lowly among you,			
4. Ephesians 4:1-3 MKJV I therefore, the prisoner in the Lord, beseech you that you walk worthy of the calling with which you are called, (2) with all lowliness and meekness, with long-suffering, forbearing one another in love, (3) endeavoring to keep the unity of the Spirit in the bond of peace.			
5. 1 Peter 3:4 MKJV but let it be the hidden man of the heart, in that which is not corruptible, the meek and quiet spirit, which is of great price in the sight of God.			

Self-control

Common definitions of self-control:

- The trait of controlling your own behavior.
- The ability to have command over the choices you make.
- Showing restraint for self.

Self-control is often with reference to bodily appetites such as food, drink and sex and to physical passions such as rage. It is a key ingredient in the battle between the Spirit and the flesh (Galatians 5:16-18, Romans 8:4-6)

In the following verses find (if possible):

- a) The consequences of lacking self-control
- b) The benefit of exercising self-control
- c) The lesson or principle we can learn

<i>Verses</i>	<i>Without Self-Control</i>	<i>With Self-Control</i>	<i>Lesson</i>
1 Corinthians 7:3-5 HCSB (3) A husband should fulfill his marital duty to his wife, and likewise a wife to her husband. (4) A wife does not have authority over her own body, but her husband does. Equally, a husband does not have authority over his own body, but his wife does. (5) Do not deprive one another—except when you agree, for a time, to devote yourselves to prayer. Then come together again; otherwise, Satan may tempt you because of your lack of self-control.			
1 Corinthians 9:24-27 HCSB (24) Do you not know that the runners in a stadium all race, but only one receives the prize? Run in such a way that you may win. (25) Now everyone who competes exercises self-control in everything. However, they do it to receive a perishable crown, but we an imperishable one. (26) Therefore I do not run like one who runs aimlessly, or box like one who beats the air. (27) Instead, I discipline my body and bring it under strict control, so that after preaching to others, I myself will not be disqualified.			
2 Timothy 3:1-4 HCSB But know this: difficult times will come in the last days. (2) For people will be lovers of self, lovers of money, boastful, proud, blasphemers, disobedient to parents, ungrateful, unholy, (3) unloving, irreconcilable, slanderers, without self-control, brutal, without love for what is good, (4) traitors, reckless, conceited, lovers of pleasure rather than lovers of God,			
2 Peter 1:5-8 HCSB For this very reason, make every effort to supplement your faith with goodness, goodness with knowledge, (6) knowledge with self-control, self-control with endurance, endurance with godliness, (7) godliness with brotherly affection, and brotherly affection with love. (8) For if these qualities are yours and are increasing, they will keep you from being useless or unfruitful in the knowledge of our Lord Jesus Christ.			
Galatians 5:22-24 HCSB But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faith, (23) gentleness, self-control. Against such things there is no law. (24) Now those who belong to Christ Jesus have crucified the flesh with its passions and desires.			