

*Self-Control*  
**VS** *Holy Spirit*  
**Control**



Taught By  
*Ameerah Lewis*  
hem-of-his-garment-bible-study.org



## New Interactive Online Bible Study

### **Fruits of the Holy Spirit:** Living The Spirit-Controlled Life

*Come Experience The Great Exchange...*

**His Love** for your anger...  
**His Peace** for your anxiety...  
**His Joy** for your depression.

[Http://Fruits.School-of-the-Spirit.org](http://Fruits.School-of-the-Spirit.org)



By truly allowing the Holy Spirit into every area of our lives in this act of *total surrender*, we do not lose ourselves. But, rather, we gain the missing pieces to life's puzzle!

Free from the bondage of human frailties like depression, fear, and unforgiveness, we are finally able to be the person we always knew we were created to become. ~ Ameerah Lewis, Instructor

#### **Student Testimonial** From a fellow student of God...

What Current  
School of the Spirit  
Students Are Saying...

*"I am still basking and soaking in the knowledge I received! It was as though something AWAKENED in me for the first time. I thank you for allowing God to use you to teach people like me. This needs to be listened to over and over again. God Bless You!" - Sarah*

**Find Out More At:**

[Http://Fruits.School-of-the-Spirit.org](http://Fruits.School-of-the-Spirit.org)

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## REACHING FOR THE HEM

### *Free Online Christian WebClass*

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[www.Hem-of-His-Garment-Bible-Study.org](http://www.Hem-of-His-Garment-Bible-Study.org)

### *Self-Control vs. Holy Spirit-Control*

**Reflection Scripture:** Read this scripture before you begin listening to the class.  
Then write out what God brings to your heart in the space provided.

*But I say, walk and live  
[habitually] in the [Holy] Spirit  
[responsive to and controlled and guided by the Spirit];  
then you will certainly not  
gratify the cravings and desires of the flesh  
(of human nature without God).  
~Galatians 5:16AMP*

## **Guided Notes:**

**Use these notes to guide you through tonight's class.  
Fill in the blanks as we go along.**

**Scripture References:** Jeremiah 29:11

### **Who's Really in Control?**

•In today's society, we hear a lot about things like:

➤Self-\_\_\_\_\_ / Self-\_\_\_\_\_

•“the practice of bettering oneself without relying on the \_\_\_\_\_ of others.”  
(wiktionary)

➤Self-\_\_\_\_\_

•“the desire for self-\_\_\_\_\_... to become everything that one is capable  
of becoming. “(Maslow)

➤Self-\_\_\_\_\_

•“the capacity to \_\_\_\_\_ on one's own \_\_\_\_\_, and to  
\_\_\_\_\_ one's own affairs; independence” (wiktionary)

➤Self-\_\_\_\_\_

•“The ability to \_\_\_\_\_ behavior through the exertion of  
\_\_\_\_\_.” (Wikipedia)

•What do all of these things have in common?

➤What is really at the \_\_\_\_\_ of each one?

➤\_\_\_\_\_

•Each of these are sly \_\_\_\_\_ of the enemy.

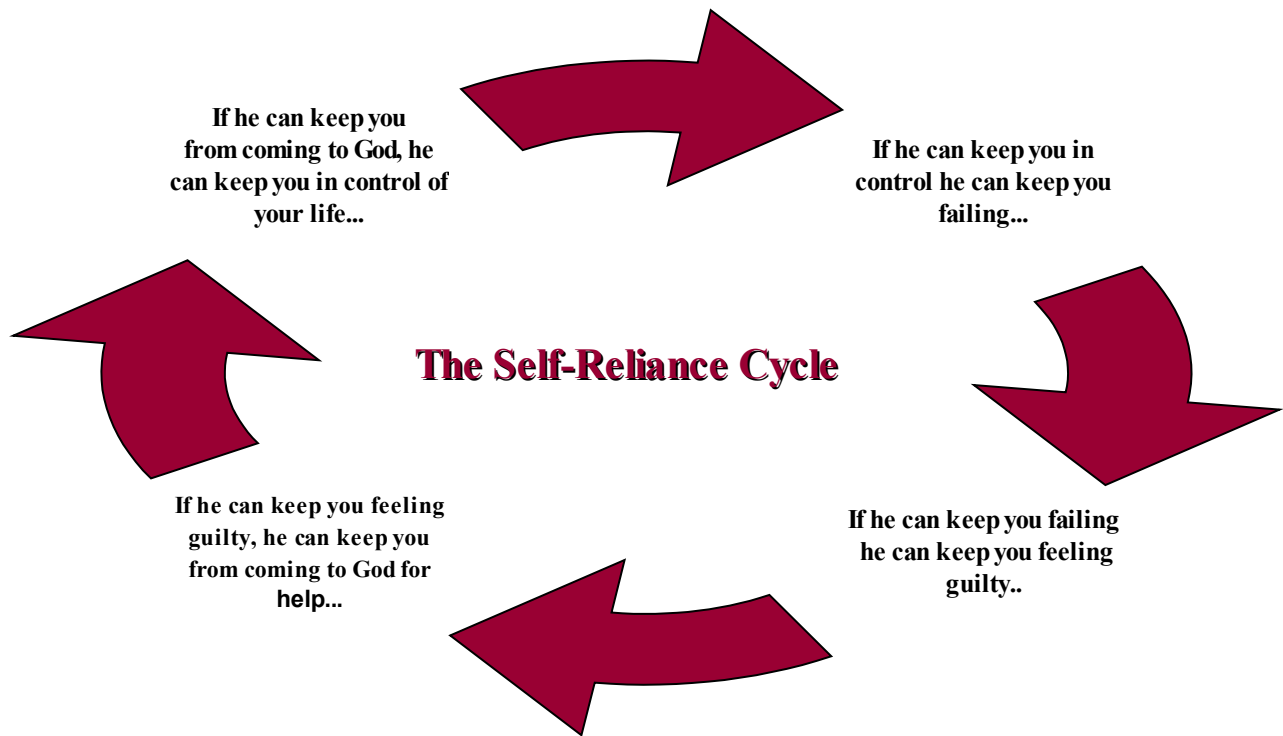
➤His Goal:

•To get us to “\_\_\_\_\_” of our lives.

➤But, are we *really* supposed to be the ones in control?

- As long as we are trying to gain some kind of control over our own lives, we will always \_\_\_\_\_ up \_\_\_\_\_.
- Even if we are trying to \_\_\_\_\_ our lives to line up with God’s Word...
  - If we are trying to do it \_\_\_\_\_, **we will always fail.**

- This is a large part of why the enemy tries to infiltrate the church with the self-\_\_\_\_\_ that has \_\_\_\_\_ the world.
- He wants to make sure you try to stay in \_\_\_\_\_ of your own life...



- Yes, God has given each of us \_\_\_\_\_.
- But, He has never kept it a secret that that He wants you to \_\_\_\_\_ give Him back control over your life...

And so, dear brothers and sisters,  
 I plead with you to \_\_\_\_\_ your bodies to God  
 because of all he has done for you.  
 Let them be a living and holy \_\_\_\_\_  
 —the kind he will find acceptable.  
 This is truly the way to worship him.

**\*\*\*But, how do I become a Living Sacrifice?\*\*\***

Don't copy the behavior and customs of this world,  
but let \_\_\_\_\_ you into a new person  
by changing the way you \_\_\_\_\_.  
Then you will learn to know God's will for you,  
which is good and pleasing and perfect.  
~Romans 12:1-2 NLT

•Romans 12:1-2 teaches us two things about controlling our lives:

- We are urged to \_\_\_\_\_ God our lives as a “a living and holy sacrifice.”
- It is not you or I who possesses the power to \_\_\_\_\_ ourselves.
- You are to “let \_\_\_\_\_ transform you into a new person.”

•But, how do we “let God” do something?

- Can't He just up and do whatever He pleases?

•Because He has given you free will, you must first truly \_\_\_\_\_ an area of your life before He will step in.

- You must “become a Living Sacrifice” before He can “transform you into a new person”.

•How does God transform us?

•He uses His \_\_\_\_\_.

- “Let the \_\_\_\_\_ your thoughts and attitudes.” Ephesians 4:23 NLT

•Last month we said Jesus put His love for you into \_\_\_\_\_:

- “Greater love hath no man than this, that a man lay down his life for his friends.” (John 15:13)

•Once we have truly decided to become a living sacrifice for Him, just as He has for us,

- The Holy Spirit can truly begin His \_\_\_\_\_...

•But, completely handing over ourselves to God isn't something we do \_\_\_\_\_ and \_\_\_\_\_ about...

- If we really want to change and become the person we were pre-destined to be, we have make taking our entire selves to God a \_\_\_\_\_ occurrence.

But I say, walk and live  
 [ \_\_\_\_\_ ] in the [Holy] Spirit  
 [ \_\_\_\_\_ to and \_\_\_\_\_ and  
 by the Spirit];  
 then you will certainly not  
 gratify the cravings and desires  
 of the flesh (of human nature  
 \_\_\_\_\_).  
 ~Galatians 5:16AMP

•If you are longing to break free of your \_\_\_\_\_ imperfections, there is only one way to do it...

- Not through self-help.
- Not through self-control.
- But through \_\_\_\_\_ -Control!

**Scripture Reference:** Galatians 5:25

•Many of us say that we are filled with the Holy Spirit, but we have not truly \_\_\_\_\_ the reigns.

- If we have truly laid down our life at the throne, then there should be \_\_\_\_\_ of the Holy Spirit's \_\_\_\_\_ in our daily lives.
- What evidence does the Holy Spirit leave in our lives?

But the fruit of the [Holy] Spirit  
 [the work which His \_\_\_\_\_  
 within \_\_\_\_\_]  
 is love, joy (gladness), peace,  
 patience (an even temper, forbearance), kindness, goodness (benevolence), faithfulness, Gentleness  
 (meekness, humility),  
 self-control (self-restraint, continence)...  
 ~Galatians 5:22 & 23

- What are the Fruits of the Spirit really?
  - Are they things that we can \_\_\_\_\_ ourselves to exhibit?
  - \_\_\_\_\_!
  - They are “the work which His \_\_\_\_\_ within accomplishes” (Galatians 5:22 )
  - Proving once more:
    - It is God’s Spirit that transforms us into His \_\_\_\_\_, not us who transform ourselves.

## *How Can God Transform **YOUR** Life Through His Holy Spirit?*

<u>Our Problems...</u>	<u>God's Solutions...</u>
Depression	HIS Joy and Peace
Shame	HIS Peace and Goodness
Anxiety	HIS Peace and Joy
Fear	HIS Faith and Love
Anger	HIS Patience, Love and Gentleness
Unforgiveness	HIS Patience, Love and Gentleness
Impatience	HIS Patience and Peace
Lust	HIS Self-Control, Faithfulness, and Goodness
Addictions	HIS Self-Control and Goodness



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Additional Notes/Reflections:

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