

Date: **August 11, 2024**
Series: **Conflict Resolution Series**
Title: **Freedom from Internal Discord, part 2 – Self-Control**
Text: **John 15:1-5; Gal. 5:16-26**

INNER PEACE COMES WHEN WE MOVE FROM WORRY TO WORSHIP

Philippians 4:6-7

...⁶ do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

- The answer to your concerns is found in prayer and thanksgiving.
- Supplication is the action of asking or begging for something earnestly or humbly.
- Then peace will guard your heart.
- Then peace will guard your mind.
- The peace will have you in line with Jesus through worship.

INNER PEACE HAPPENS WHEN WE RELINQUISH CONTROL

Romans 15:13

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

Filled with hope, peace, and joy,

- It is in the act of believing.
- It is in walking in the power of the Holy Spirit.

We move from living in Sin City to living in Spirit City.

We do not continue to sin or allow a place for sin

INNER PEACE HAPPENS WHEN WE SUBMIT TO THE ONE WHO HOLD THE KEY TO PERFECT PEACE

Inner peace comes from relinquishing control over what we think matters and submitting our lives to the One who holds the key to perfect peace – Jesus Christ.

2 Thessalonians 3:16

Now may the Lord of peace himself give you peace at all times in every way. The Lord be with you all.

Now May the Lord

- Not a given – MAY – let it happen – do not fight or work against it.
- But is your choice to allow the Lord's peace to in you
- You get to choice to allow the spirit to shape your choices or continue to pursue your own way.

We submit to what he has said.

We select thinking, feeling, acting, and living the way He said.

We stand in the power of His grace to be free from the tricks of our brain, the trauma of our past and the triggers that we hold tightly in order to receive the peace that will be there at all times and in every way.

INNER PEACE HAPPENS WHEN WE ABIDE IN CHRIST

John 15:5

I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.

- We are clean but we are to bear fruit.
- If we do not bear fruit – we are pruned.
- Abiding in Him produces fruit.
- No fruit can be produced outside of Him.
- You do not bear the fruit of others, only the fruit that grows in you.

INNER PEACE HAPPENS WHEN WE WALK IN THE SPIRIT

Galatians 5:16-26

¹⁶ *But I say, walk by the Spirit, and you will not gratify the desires of the flesh.* ¹⁷ *For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.* ¹⁸ *But if you are led by the Spirit, you are not under the law.* ¹⁹ *Now the works of the flesh are evident: sexual immorality, impurity, sensuality,* ²⁰ *idolatry, sorcery, enmity, strife, jealousy, fits of anger,*

rivalries, dissensions, divisions,²¹ envy drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God.

²² But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³gentleness, self-control; against such things there is no law. ²⁴ And those who belong to Christ Jesus have crucified the flesh with its passions and desires.

²⁵ If we live by the Spirit, let us also keep in step with the Spirit. ²⁶ Let us not become conceited, provoking one another, envying one another.

The flesh and spirit are opposed to each other
They will produce different fruit

Fruit that will cause pruning

- sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies
- Look at the word “fits.” How many are throwing fits trying to be heard, but are unwilling to listen?

Fruit that comes from walking in the Spirit

- is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control

You play your part in every conflict due to a choice to walk in the Spirit or live in the flesh.

Romans 8:7

For the mind that is set on the flesh is hostile to God, for it does not submit to God’s laws; indeed, it cannot.

Prayer