



Pekin First Nazarene August 2, 2026

Pastor Lauren Smith, PFN Lead Pastor

Galatians 5:22-23 (NLT)

²² “But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, and self-control. There is no law against these things!”

- Self-control is not being in control, but having control of yourself.

2 Timothy 1:7 (NLT)

“For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.”

Proverbs 25:28 (NLT)

“A person without self-control is like a city with broken-down walls.”

2 Peter 1:5-8 (NIV)

⁵ “For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; ⁶ and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; ⁷ and to godliness, mutual affection; and to mutual affection, love. ⁸ For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ.”

- Knowledge → Self - Control → Perseverance

Reflection Questions

1. Which Fruit of the Spirit do I need to have more self-control in?
2. Which Fruit of the Spirit is coming easy to me in this season?
3. In the flow of Knowledge → Self-Control → Perseverance, where am I?