



Fruit of Self Control (Fruit of the Spirit Series Book 1)

L. Velez

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Fruit of the Spirit Bible Study. Book One: Fruit of Self-Control. Manifesting Self-Control in our Lives.

I struggle with anger in my life. It is my “Achilles heel” as it were. Through much prayer and study I have come to the realization that I may struggle with it my whole life. However, I also know that I have been given the power to overcome sin (lack of self control) through the shed Blood of Jesus Christ. I have been given the power of the Holy Spirit to help me live a holy life and manifest the Fruit of the Spirit.

Self Control is the key to me overcoming my battle with anger. It is the key to many of our human struggles; overeating, cigarettes, alcohol, poor choices, emotional outburst and all of our “bad habits”.

We have a choice in everything. God did not...

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