



**A N L I**  
Bridging the gap leadership

# Fruit of the Spirit, Fall, 2022

Pastor Aleena Jimenez  
Session 6: Temperance



*The*  
**FRUIT OF THE SPIRIT**

GALATIANS 5:22-23

**Key Scripture: (2 Pet 1:6 NKJV)**

“ And to knowledge temperance; and to temperance patience; and to patience godliness;”

**Instructional Overview**

**Big Ideas**

Temperance relates to being in harmony with the will of God by restraining your emotions, actions, and desires. This aspect of the fruit of the Spirit centers on doing God’s will, not your will.

**Essential Questions**

How do knowledge, temperance, and patience build on one another to result in a right disposition to God?

**Learning Outcomes**

Fast for spiritual breakthrough in preparation for sermon construction and delivery

Apply temperance in leadership by interpreting and exegeting assigned passages in small groups by answering specified questions with 100% accuracy

**Sermons and Feedback (7:05-8:15pm)**

**Activity  
1**

**Sermons**

**Order**

Sis. Keke  
Pastor Suzanne  
Pastor Ethel  
Sis. Alexis

**BREAK 8:15-8:25pm**

### Think & Respond

Review Isa 58:6-8 (from last session). According to this passage, God promises benefits when you fast. Review the list and answer the questions below.

### Benefits of Fasting

- Loose the bands of wickedness (Freedom for addictions to sin)
- Undo the heavy burdens (Overcome barriers that prevent a joyful walk in the Lord)
- Let the oppressed (physically and spiritually) go free (Revival and soul winning)
- Break every yoke (Conquering those things which bind us)
- To allow God's light to break forth like the morning (Bring clearer perspective)
- So your health shall spring forth (Give healing)
- That righteousness shall go before you (Your witness influences others)
- That the glory of the Lord will protect you from the evil one (Protection)

### Directions: (Discuss any of the questions)

- In what ways do these benefits relate to your growth in the different aspects of the fruit of the Spirit?
- How will you apply what you learned to your personal walk? What might you change as a leader?
- Do you have any further struggles?

**Lecture and Small Group Discussion**

**Part A. Lecture on Temperance**

**Part B. Discussion—1 Pet 1:6**

“And to knowledge temperance; and to temperance patience; and to patience godliness;  
” (2 Pet 1:6).

- How do knowledge, temperance, and patience build on one another to result in a right disposition to God?
- How do you see temperance working in leadership?

**Part C. Final Reflection**

- Now that you’ve gone through the different aspects of the fruit of the Spirit, how do you see them connect and support each other?
- What did you gain from this course related to leadership?