



**Fruit: SELF-CONTROL**  
**Muscle: triceps**  
**part 9 of 9**  
**August 7, 2016**  
**Galatians 5:22-23**

**Mathew 4:1-11**

**We will refer to self-control as our triceps because this fruit grows and flourishes as you let the grace of Christ transform your desires; you consistently push back your old way of thinking.**

**Push Back the idea that it starts with something else**  
**John 1:14 (NKJV)**

**Push Back the doubt**  
**Ephesians 4:1-6**

**Push Back ourselves**  
**Jude 24**

**Notes:**

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