

Week 9 SELF CONTROL

Scripture

- Luke 9:23-25
- 1 Corinthians 10:12-13,23,31
- James 3:1-12
- 2 Corinthians 10:5; Philippians 4:5-8
- Proverbs 4:23-27

Sermon Discussion Questions 1 Peter 4:7-11; Proverbs 25:28

- What are the typical forms of lack of self-control that are evident in our culture? In what ways are Christians tempted in the same way?
- When have you experienced the Holy Spirit helping you be more self-controlled?
- In what areas of your life do you tend to be too passive and need self-control to be bolder?
- What is the relationship between self-control and humility?
- How might seeing life through the lens of “gift” contribute to greater self-control?
- In what ways might living a life for the glory of God combat indulgence, idolatry, and lack of self-control?

Reflection/Application questions

- What is God asking you to surrender to practice a life of greater self-control?
- In what areas of self-control are you most vulnerable? (Gluttony, selfish ambition, self-pity, sexual immorality, laziness toward spiritual things, envy, greed, resentment, impure thoughts, self-pity, outbursts of temper) What steps will you take, spiritually and in practice to cultivate the fruit of self-control?
- How are you praying about your weaknesses and temptations? Are you praying in the moment for rescue or escape? Are you praying regularly about your need for greater self-control?
- What is the impact of a lack of self-control on you? On others in your life?
- How has lack of self-control left a breach/breakdown in the fortress of your life?
- In what ways is your life characterized by contentment or lack of contentment? How does that impact your capacity for self-control?

CULTIVATE:

- For the summer or several months, form an accountability group or ask someone to check in with you regularly about an area of your life where you need more self-control. Be honest. Share your progress. Vulnerability and honesty can bring about the change we need and desire.
- Confess and surrender to the Lord your vulnerability to a particular lack of self-control. Then pray daily for the next thirty days for the courage and strength to gain additional self-control. See what God might want to do.

Video <https://www.youtube.com/watch?v=M7j1rFYR4W0&t=32s>