

## Sermon Discussion Guide:

# Self Control

Sunday, April 21, 2024

Scripture: **Proverbs 25:28**

Series: **The Fruit of the Spirit**

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### OVERVIEW

Love and self control are appropriate bookends to the fruit of the Spirit. Love is the motivator that *moves us*, while self control is the ruling grace that *keeps us going* and allows the other graces to operate well. Practicing self control is the ability to regulate one's thoughts, emotions, and actions through internal and external temptation. However, it is not self directed. Instead, **self control is ultimately choosing to deny self and submit to Jesus Christ.**

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### CORROBORATING TEXTS

Proverbs 16:32; James 4:7-8; Philippians 4:4; Philippians 4:8; Colossians 3:2; Colossians 3:5-14; Titus 2:11-14; 2 Timothy 1:7; 1 Corinthians 9:27; 2 Peter 1: 5-8; Titus 2:6; 1 Timothy 4:12; Proverbs 29:11

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### DISCUSSION QUESTIONS

1. Have you memorized the fruit of the Spirit in Galatians 5:22? Recite all nine as a group.
2. We are called to exhibit self control in all facets of our being (Proverbs 16:32, Phil 4:4; Phil 4:8, Col 3:2; Col 3:5-14). Amongst emotions, thoughts, and actions, which do you tend to give yourself a pass from being self controlled? Which parts of you are you lax or lenient in self control and which parts of you are you strict?
3. Temptation is an ever-present part of life which can come from outside influences or from within. Why is understanding our weaknesses an important part of self control? Do you know those that can be triggered from outside temptations and influences?
4. The grace of God brings not only salvation but sanctification (Titus 2:11-14) and a spirit of power, love, and self control (2 Timothy 1:7). How does knowing this truth help you when you are weak and face temptation?
5. "I'm too young. I lack experience. I just need to vent." In the eyes of the Lord, no one is excused from exerting self control. What excuses do you give yourself? What is the risk?
6. Read 1 Corinthians 9:27. What part do you play in the development of self control and which parts are the Lord's? What specific actions are you taking to progress in self control? What actions do you need to start taking?
7. self control is ultimately choosing to deny self and submit to Christ. Where are you fighting and failing, struggling and falling short? Where are you giving control to someone or something? Where are you not regulating yourself? No matter how hard the battle, the believer's hope is found in Christ (1 Peter 2:24). Repent of your sins and accept God's grace to grow in self control.