



SELF-CONTROL

1. Have you memorized Galatians 5:22-23? Recite it from memory.
2. What is self-control? How would you define self-control?
3. How can self-control be demonstrated (or not) in the following areas?
 - ...in what we say
 - ...in what (and how much) we eat
 - ...in dealing with anger
4. Biblical stories, and the characters within those stories, are given "as examples to keep us from setting our hearts on evil things" (I Corinthians 11:6). What can we learn about self-control from the following people?
 - ♦ Esau (Genesis 25:27-34, Hebrews 12:15-17)

 - ♦ David (I Samuel 24:1-22)

 - ♦ Jesus (Mark 15:1-5)
5. What does God say about self-control?

Galatians 5:22-23 _____

Titus 2:2-6 _____

Titus 2:11-14 _____

II Peter 1:5-8 _____

6. From the weekend message we heard that "true self-control is God's control of me." Is that troubling or comforting? Who's the boss?

7. Read Ephesians 5:18. A common definition of being filled with the Holy Spirit is to be "controlled and empowered." How does this fit with the concept of self-control?

During the "Fresh Fruit" series we have looked at nine Holy Spirit produced fruit. Rate yourself – 0 (lowest) – 5 (highest).

Love		0	1	2	3	4	5
Joy	0	1	2	3	4	5	
Peace	0	1	2	3	4	5	
Patience	0	1	2	3	4	5	
Kindness	0	1	2	3	4	5	
Goodness	0	1	2	3	4	5	
Faithfulness		0	1	2	3	4	5
Gentleness	0	1	2	3	4	5	
Self-control	0	1	2	3	4	5	

- Which is your greatest strength?
- Which is your greatest need?

Application:

What will you do to see growth or change?

_____ Ignore the need

_____ Admit my need

_____ Cultivate spiritual disciplines (prayer, Bible reading, generosity. . .)

_____ Grow with others who are growing

_____ Allow the Holy Spirit to guide and help me

Coming September 11-12 – We begin a series on II Corinthians