

## Fruit of the Spirit

### Pursue Self-Control

#### Welcome/Prayer

Get to know you Question: (Go around the room letting each person share a story about their favorite food “memory”. You are not looking for one word answers but stories so the group can better know one another.)

#### IceBreaker

- What was your favorite food “memory” and why is it your favorite?

#### Discussion

**Scripture: Proverbs 25:18; Matthew 4:2-4; Ephesians 4:22-24; Titus 2:12;**

- Have you ever had something that seemed to control you? (*It does not have to be extreme stuff. It could be little things as well that may have a control over us.*)
  - Have you ever felt guilty for not doing a better job of exercising “self-control”?
  - Are there features of our society that impede self-control? What are they?
- Are you ever tempted to deflect the gospel’s “extreme” demands by retreating behind our culture’s motto of “moderation in all things”?
  - Which gospel “demands” do you find most problematic or difficult?
- When we speak of “self-control”, who is “the self” that is being controlled or mastered?
  - Who is “the self” that is doing the controlling?
  - Is this a good thing? Why or why not?
  - (*Definition of self-control: “control of the self by the Spirit for the sake of the gospel”*) According to Paul: who should be in control of “the self”? (**Eph. 4:22-24**)
  - Is this easy? (The Christian is giving up control of self so that the Spirit may be in control of your “self-control.”)
  - How does the world’s version of self-control differ from that of Paul?
- Where do we witness the characteristic of self-control in the life of Christ? (**Matt. 4:2-4**)
  - Where did Jesus place his control?
  - How do we begin the process of doing the same?
- Why is this type of self-control so important to Paul in the role of leaders? Of everybody else? (**Titus 1:8; 2:2; 2:5; 2:6; 2:12**)
- What implication does self-control have in our interactions with others?

#### Take it With You Question

Reflect this week on areas in your life where your desires are controlling you. Rather than seeking to bring those desires “under your control” by a further exercise of your own will, consider praying and allowing the Spirit to take control.

#### Closing:

Final Prayer