

THE FRUIT OF THE SPIRIT: SELF-CONTROL

Proverbs 25:28

MAIN IDEAS FROM THIS WEEK

1. WHAT SELF-CONTROL IS
2. HOW SELF-CONTROL GROWS IN A PERSON'S LIFE

DISCUSSION QUESTIONS – Pick two or three of these to talk about as a group

1. What was most helpful for you from this week's message? Why?
2. Because of the current emphasis on self-expression, today's culture likely sees self-control as the least desirable fruit of the Spirit. Can you think of examples of where you have seen this play out in the world around you? What might be some effective ways to counter this narrative that self-expression is the ultimate goal of life?
3. Self-control is not the dulling of our passions. It is the byproduct of loving something so greatly that your desire for the object of your love brings every other desire in line. Give an example of a time when you had one overriding desire that brought all of your other desires in line. How might this understanding of self-control shift your approach to following Jesus?
4. A possible pitfall of self-control is a judgmental spirit or condemning heart toward others who are not as self-controlled as you. How can you guard your heart against this? What is the difference between self-discipline and self-control?
5. God's grace (Jesus) is the foundation of self-control. How can you practically make Jesus your crown and keep your eyes fixed on Him?
6. This week concluded our series "Following Jesus: What it takes and what it makes". What were some key takeaways for you from this series as we walked through the armor of God and the fruit of the Spirit?

A TRUTH TO TAKE WITH YOU: The fruit of the Spirit is meant to be seen as what a human heart is capable of when it is in the right hands; Jesus' hands. Don't frantically try to become something you are not. Instead, hand your heart to Jesus.