



MIRACLE GROW - Week 9 SELF-CONTROL: Discussion Guide

TOUCH BASE - 10 Minutes

- 1) Which fruit of the Spirit (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control) did you enjoy learning about the most and why?
- 2) What would you like to have better self-control over in your life?
- 3) What insights did you gain from this week's chapter or sermon?

TAKE IT IN - 10 Minutes

Watch the video for week 9 entitled "Self-Control" on the DVD or at tlc.org/miraclegrow.

Video Notes

_____ is an important part of Christian disciplines and a fruit of the Spirit.

God's purpose is to make us like _____ and God's way is to fill us with the _____.

TALK IT OUT - 25 to 35 Minutes

- 1) What insights did you gain from this week's video?
- 2) Read 1 John 1:5 *"This is the message we heard from Jesus and now declare to you: God is light, and there is no darkness in him at all."* (NLT) and James 1:13 *"Let no one say when he is tempted, 'I am being tempted by God,' for God cannot be tempted with evil, and he himself tempts no one."* (ESV) The author Chris Wright points out on page 143 "...self-control is the one and only fruit of the Spirit for which we don't have a matching quality of God. For God does not need to exercise self-control over any sinful tendency within himself. God does not have to hold in check any evil desires."
 - a) What does it mean to you that there is no darkness in God and that he can't be tempted nor does He tempt you?
 - b) Self-control is the only fruit of the Spirit which doesn't have a matching quality of God because He is always in control of his actions. What does this mean to you?
- 3) Read Galatians 5:19-21 *"Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions,*

envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God.”(ESV)

- a) This verse lists some of the behaviors of a life lived out of control, a life not in step with the Holy Spirit. How does self-control help us avoid these behaviors?
- b) Is there a difference between self-control as a fruit of the Spirit and general self-control?
- c) What steps can you take to mature the fruit of self-control in your life this week?

4) Read 2 Peter 1:5-9 “... *make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. But whoever does not have them is nearsighted and blind, forgetting that they have been cleansed from their past sins.*” (NIV)

- a) According to this verse what are we asked to add to our faith and how should we add it?
- b) Is there any significance to the order? Why do you think that?
- c) What do you think the verse means when it says “they will keep you from being ineffective and unproductive in your knowledge of the Lord Jesus Christ?”

5) What are the typical forms of lack of self-control that are evident in your culture? In what ways are Christians also tempted?

6) Read Galatians 5:22-25 “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit.”

- a) What does it mean to you that “against such things there is no law?”
- b) What does it mean to “keep in step with the Spirit?”

7) What are practical ways in which you could, by example, carry out what Paul tells Titus to do in the passage Titus 2:2-8?

TAKE IT WITH YOU - 10 Minutes

1) Where, in your own life, do you see the need for greater self-control? What steps will you take, spiritually and in practice, to cultivate this part of the fruit of the spirit?

CLOSE IN PRAYER

This is our last week! You might be asking what's next?

During this study, we hope that friendships have been developed and a deep sense of belonging not only to TLC but also one another. We believe that this is what it means to be part of the body of Christ. If your group was formed only for this study we are so glad you participated and trust that you have enjoyed it and developed some good friends along the way. If you or your group would like to continue to meet please contact Pastor Jim at jim@tlc.org or 831-465-3331 and he would be happy to help you find great small group material. God Bless and thank you!