

DISCUSSION QUESTIONS: SELF-CONTROL

Use these questions to prompt discussion with your family or friends. Or simply work through these questions on your own and spend intimate time with the Lord in prayer and devotion!

How would you define self-control?

Do you think our culture encourages or discourages self-control?

What are the typical forms of lack of self-control that are evident in the world?

What are some reasons why people are so quick *not* to exercise self-control?

In what ways are Christians tempted to lack self-control?

Looking at the list of fleshly passions Paul lists in Galatians 5, which do you find are easy to control and which do you find are most difficult to control within yourself? Why?

Why do you think exercising self-control is important to Christian character?

How would self-control point someone toward the gospel?

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?