

FURTHER STUDY: SELF-CONTROL

Memory verse:

2 Timothy 1:7 *“For God gave us a spirit not of fear but of power and love and self-control.”*

God gave us a spirit of self-control. Remember, through his power, we have the ability to control even the most tempting passions of the flesh.

Control Over Everything

Read **Galatians 5:16-24**

- In your journal, write down the list of fleshly desires Paul warns us about.
- For each passion, write down what we need to be in control over in order to not give into those desires.
 - ◆ [For example, questions to think about: Are you in control of your body? Are you in control of your time and attention? Are you in control of your temper? Are you in control of your attitude toward others? Are you in control of your cravings? Are you in control of your tongue? etc.]
- Reflect on your level of self-control for each passion. Rate your ability to exercise self-control over each area on a scale of 1-10 (1 being you never exercise self-control over that area and 10 being you always exercise self-control over that area.)
- Once you finish your ratings, highlight the areas that need the most help. Consider what steps will you take, spiritually and practically, to cultivate more self-control.

In Depth: Control Over our Body

Read **Genesis 39:1-12; 2 Samuel 11:1-5; Colossians 3:1-2**

- Consider the differences between the two characters Joseph and David. How do they contrast in their ability to control their bodies in the midst of sexual temptation?
- What was Joseph's reason for not giving into the present temptation? (Gen. 39:9). You could say he had his mind fixed on things above - how do you think that helped him when temptation hit?
- Where do you think David's mind was in the midst of sexual temptation? How did that hurt him in his ability to exercise self-control?
- Consider the power our minds have in governing our actions. Think about how you will practically set your mind on things above this week.

In Depth: Control Over our Tongue

Read **James 3:1-12**

- Why do you think it is so important we exercise control over our tongue? What power does our tongue / words have?
- Consider how self-control over our tongue can help our witness of the gospel.