

CULTIVATING *Character*

Message 9 Self-control

Perry Duggar
June 3, 2018

Outline

► *But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and **self-control**. There is no law against these things!*
Galatians 5:22-23 (NLT)

Self-control = ěkratěia,

exercising _____,

lit., strong in a thing, _____.

A person without self-control is like a city with broken-down walls.

Proverbs 25:28 (NLT)

Self-control is...

A. Defined as mastering _____.
(Romans 7:18-19; Galatians 5:17-18; James 1:14-15)

B. Demonstrated through _____ in my...

1. _____.
(Romans 6:12-14; 8:12-14)

2. _____.
(Luke 6:45; James 1:26)

3. _____.
(Proverbs 4:23; Romans 8:5-6; Philippians 4:23)

C. Developed by the _____.
(Galatians 5:24-26; Ephesians 4:22-24; 1 John 2:27)

Answers: self-restraint, masterful **A.** myself **B.** restraint **1.** Actions **2.** Speech **3.** Thoughts **C.** Spirit
Resource Information: Unless otherwise noted, outline and onscreen verses are from NLT version (New Living Translation) of *The Holy Bible*. C/R, if noted, refers to a 'cross reference' of Scripture verse(s). Today's outline and discussion guide are available to mobile device users through the Brookwood Church app available through your favorite app store.

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► Discussion Guide

Use this guide with friends or on your own to pursue a deeper relationship with Jesus. For additional Bible Study tools, guides and devotionals, check out: biblegateway.com, bible.com, youversion.com and blueletterbible.org.

Conversation Starter

How would you describe the environment in your home during your childhood and teenage years? What impact did this have on you?

Personal Reflection/Group Discussion

1. What do we learn about *self-control* from these passages?
 - a. [Proverbs 16:32](#)
 - b. [Proverbs 25:28](#)
 - c. [1 Corinthians 9:24-27](#)
 - d. [Titus 2:11-14](#)
2. What idea from these passages is most significant to you? Why?
3. In what ways does our culture make *self-control* difficult?
4. What are some consequences due to lack of *self-control*?
5. From the following passages, what steps can you take to grow in the area of *self-control*?
 - a. [Romans 12:1-2](#)
 - b. [Ephesians 4:21-24](#)
 - c. [2 Timothy 1:5-7](#)
 - d. [Hebrews 4:14-16](#)

6. In what one or two areas would you like greater *self-control*? What steps will you take? Who will help you?
7. How can a desire for greater self-control deepen your relationship with Jesus?
8. What's your biggest takeaway from this week's teaching?

Christian self-control is control over one's behavior *and* the impulses and emotions beneath it. It includes our minds *and* our emotions — not just our outward actions, but our internal state.
— David Mathis, Executive Editor, desiringGod.org

Soul Training

Learn to utilize the natural breaks and transitions throughout each day (waiting in car-line, between appointments, etc.) to pause and talk with God. Rather than looking at your phone, grabbing food or whatever else you might do to fill up these moments – use this time to communicate with God.

Memory Verse

A person without self-control is like a city with broken-down walls.

[Proverbs 25:28 \(NLT\)](#)

Daily Reading

Day 1: [1 Corinthians 9:24-27](#)

Day 4: [2 Timothy 1:5-7](#)

Day 2: [Titus 2:11-14](#)

Day 5: [Hebrews 4:14-16](#)

Day 3: [Ephesians 4:21-24](#)

Prepare for Next Sunday

Next Sunday, June 10, we'll begin our summer message series titled *Colossians: Living Changed Lives*. In preparation for the first message, read [Colossians 1:1-8](#).

If you've never experienced God's grace and forgiveness, we'd love the opportunity to talk with you about a life-changing relationship with Jesus. Email mark.taylor@brookwoodchurch.org or call [864.688.8211](tel:864.688.8211).



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