



Not So Secret Sauce wk3: Self-Control

Introduction: A lack of self-control is the common denominator for many of our struggles. Perhaps that's why Peter encourages us to add that to our faith. What if the good news about self-control is that it is more than just will-power but allowing the Holy Spirit to guide our actions?

Discussion Questions

1. Have you ever eaten so much of something that you felt sick? Why do we do that?
2. Read **2 Peter 1:5-8** What does self-control have to do with faith? What would you say is the difference between will-power and self-control?
3. Read **Galatians 5:16-23** Paul describes a conflict that we have between the flesh and the spirit. What role does self-control play in which side (flesh or spirit) has control of you? Self-control is listed as a "Fruit of the Spirit" here. What does it mean to have self-control?
4. In the sermon, it was said that we should "Examine Our Cravings. How does an understanding of what cravings, appetites, or desires that you have influence the steps you might take so these don't have power over you?
5. Read **Proverbs 25:28** Self-Control is compared to the walls of a city, if the walls were broken, the city was vulnerable. How does self-control protect you either from or during temptation?
6. Read **Romans 8:5-6** According to Paul, this battle that we have is a battle of the mind. How can we choose what we think about and how does that shape our behavior?
7. If salvation is about faith in Jesus (which it is), why is there so much instruction and caution about behavior? Does behavior reveal anything about your faith? What are some ways to make sure your faith and behavior are in alignment?

Shaping Your Mind –*"make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control..." 2 Peter 1:5-6*

Moving Forward – Only yield control of you, to the one who will lead you to life!