

Sermon Guide

The Happiness Advantage Part 4 - Self-Control

Big Idea: You're only as strong as your greatest temptation.

John 10:10

The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.

2 Peter 1:3-9

By his divine power, God has given us everything we need for living a godly life. We have received all of this by coming to know him, the one who called us to himself by means of his marvelous glory and excellence. And because of his glory and excellence, he has given us great and precious promises. These are the promises that enable you to share his divine nature and escape the world's corruption caused by human desires. In view of all this, make every effort to respond to God's promises. Supplement your faith with a generous provision of moral excellence, and moral excellence with knowledge, and knowledge with self-control, and self-control with patient endurance, and patient endurance with godliness, and godliness with brotherly affection, and brotherly affection with love for everyone.

Matthew 4:1-11 The Temptation of Jesus

1. Tempted by hunger (instant gratification) - quotes Deuteronomy 8:3

2. Tempted by ego (human approval)- quotes Deuteronomy 6:16

3. Tempted by materialism (wealth)- quotes Deuteronomy 6:13

I want to stop _____, but I can't.

Turn self-control into Spirit-Control. Surrender your temptations to God, read and learn His Word, and allow the Holy Spirit to change your desires

Discussion Questions

1. Share a New Year discipline/resolution that you started in 2021. How is it going?
2. Talk about how your desires have changed since you started following Jesus.
3. What choices are you making that might be counteracting the Holy Spirit working in your life?
4. In what areas are you condemning yourself because you are relying on your own power and failing? How can your group pray for you?