



Small Group Discussion Guide

Series: Fruit of the Spirit

SELF CONTROL

Key Passage: Galatians 5:22–23

*“But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and **self-control**.”*

Icebreaker (5–10 min)

- *What’s something small that takes more self-control than it should (food, phone, sleep, spending, etc.)?*
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- *What stands out to you about self-control being listed as a fruit of the Spirit rather than just a personal skill?*
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Key Discussion Questions

1. The Battle Within

- *Read Proverbs 25:28 and Romans 7:15–19*
 - *Where do you see this “battle within” playing out in your own life?*
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2. Evidence of Spiritual Maturity

- *Read 2 Peter 1:5–6*
- *How have you seen self-control (or lack of it) impact your walk with God?*

3. It Begins in the Mind

- *Read 2 Corinthians 10:5*
 - *What does it practically look like to “take captive” your thoughts?*
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4. Delayed Gratification

- *Read Hebrews 12:11*
 - *Share a time when choosing discipline over comfort paid off later*
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5. A Daily Spiritual Battle

- *Why is self-control not a one-time decision but a daily fight?*
 - *What patterns or habits make this battle harder for you?*
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Application: Building Self-Control

1. Feed Your Spirit (Galatians 5:16)

- *What are you currently feeding your spirit with?*
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2. Fence Your Life (Proverbs 4:23)

- *Where do you need better boundaries (media, relationships, habits)?*
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3. Fill Up Daily (Ephesians 5:18)

- *What does it mean to be “filled with the Holy Spirit” in your daily life?*
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Closing Reflection

- *In what area is God specifically calling you to grow in self-control right now?*
- *What is one step you will take this week to walk in that?*