

Weekend Message Questions

The Bible For Regular People: Self-Control

July 26-27, 2025

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ICEBREAKER: *What's one area of your life where you find it easy to stay disciplined—and one area where it feels like a constant struggle?*

CHECK-IN: *How is everyone doing? Follow up on anything shared in last week's discussion about faithfulness.*

DISCUSS:

- Why do you think Paul included self-control as the last fruit of the Spirit?
- How have you seen a lack of self-control affect relationships or faith?
- How might practicing the other fruits (love, joy, peace, etc.) make self-control easier?

READ:

- **Galatians 5:22–25**
 - What stands out to you in this passage?
 - Paul says that those who belong to Jesus have “nailed the passions and desires of their sinful nature to the cross.” What does that look like in everyday life?
- **Galatians 5:19–21a**
 - Which of these “desires of the sinful nature” do you see most in the culture around you?
 - How can we guard against them in our own lives?

READ:

- **1 Corinthians 9:24–27**
 - What does this passage teach us about discipline and spiritual training?
 - What does it look like to “run with purpose” in your own life?
- **1 Timothy 4:7–10 and Philippians 3:12–15**
 - How do these passages inspire us to keep pressing forward in our walk with Christ?
 - Which of the key thoughts (consistent spiritual time, community, boundaries, commitment) do you most need to grow in?

DISCUSS:

- Why do you think discipline and accountability are necessary for the Holy Spirit to produce self-control in us?
- What's an example from your life when accountability helped you stay on track spiritually?
- Who in your life sharpens you “like iron sharpens iron” (Proverbs 27:17)? If you don't have someone like that, what's one step you can take to find it?

Homework: This week, take intentional steps to create space for the Holy Spirit to produce self-control in you:

- Identify one area of spiritual laziness and make a specific plan to grow in discipline (consistent prayer, Bible reading, or worship).
- Invite someone you trust to hold you accountable this week—check in with them regularly.
- Journal: What passions or desires do you need to “nail to the cross” right now?
- Read Galatians 5 and Philippians 3 at least once this week.
- Listen to a worship song that helps you refocus (pick one meaningful to you).

How can we be praying for one another this week?

Pray to close.

Can you use prayer? <https://hopefellowship.net/prayer-request/>