

THE SAINT PAUL'S BAPTIST CHURCH
GROW | PRAY | SERVE



WWW.MYSPBC.ORG • 804.643.4000

Welcome!

SERIES: YOUR FUTURE SELF WILL THANK YOU

Today's Message: Cultivate Self Control

Dr. Lance D. Watson, Senior Pastor

PRAYER: God, thank you for this new year. Our thoughts are turned to the future and we trust it into your hands. Strengthen us where we are weak, build us up where we are torn down, give us sight where we cannot see so that we might live our lives in such a way that our future selves will thank us. Today we pray for the ability to *cultivate self-control*, so we give you control. In the name of Jesus, we pray. Amen.

ICEBREAKER: Share one thing that's easy for you to control. Share one thing that's a challenge for you to control. Share why if you like.

INTRODUCTION: If we could predict the future, do you think we would change our daily habits? Do you think we would invest in different things? If we could see the future results of our present efforts, we'd make far better decisions. This is no secret—God wants you to become all God created you to be. However, to become all that God created us to be, we have to make some choices and decisions to participate with God in the process. Your Future Self will thank you.

SCRIPTURE: Read Proverbs 16:32 (NLT)

DISCUSSION:

1. What stood out in today's message? Are you a planner or are you more spontaneous? How do you benefit from that tendency? What does it cost you?
2. Do you think our culture values self-control? Explain.
3. Read Proverbs 25:28. Talk about a time when a lack of self-control caused you to lose progress in an area of your life.
4. Self-control starts in the mind. It is key to getting where you wish you were. What are the thoughts that result in behaviors you're trying to avoid? What are the thoughts you need to take captive?
5. Read 2 Corinthians 10:3–5. Is it difficult for you to believe that it's possible to “take captive every thought to make it obedient to Christ”? Why or why not?
6. As you think about where you **are** versus where God wishes to take you in the future, what are some things that might be at stake? What might you or others lose or miss out on if you don't cultivate self-control?

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CHALLENGE: Mention to the group one area in which you lack self-control. Ask the group to pray for you in this area.

SERVE: Pray over Proverbs 11:32 this week. **Praise** God in advance for being present in your life in 2021. **Listen:** when you are quiet before God, it is amazing how clear things become. **Respond.** Write it down, live it out, give God praise!

ANNOUNCEMENTS: Take this time to share group announcements. Church wide and campus specific announcements can be found at www.myspbc.org. You can also “find, follow and like” our Facebook page at facebook.com/myspbc. Turn on your notifications.

CELEBRATIONS: Take this time to share praise reports (e.g. answered prayers, birthdays, anniversaries, promotions).

PRAYER REQUESTS & PRAYER: Take this time to share prayer requests. Close with prayer.

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We Care!

NOTICE: DUE TO THE COVID-19 CRISIS, ALL OF OUR CAMPUSES ARE PHYSICALLY CLOSED AT THIS TIME UNTIL FURTHER NOTICE.

As a small group leader, we depend on **you** to show members that we care. Here's a list of resources to help you.

FOR PRAYER:

CALL: 804.463.2472
EMAIL: prayer@myspbc.org.

FOR COUNSELING:

CALL: 804.643.6177
EMAIL: Barnabas@myspbc.org

TO REQUEST A HOSPITAL VISIT:

CALL: 804.304.3890 (For Emergencies)
EMAIL: ecare@myspbc.org.

TO REQUEST FUNERAL SUPPORT:

CALL: 804.304.3890 (Pastor On Call)
EMAIL: ecare@myspbc.org.

TO FIND A SUPPORT GROUP:

CALL: 804.643.6177
EMAIL: Barnabas@myspbc.org.

TO REQUEST EMERGENCY ASSISTANCE:

CALL: 804.643.4000
EMAIL: emergencyassistance@myspbc.org.

TO CONTACT MY LIFE STAGE PASTOR/DIRECTOR:

CALL: 804.643.4000 and Press 1 for the Dial By Name Directory
EMAIL:

- Imagination (0-10): Vernita Williams (Vernita.Williams@myspbc.org)
- SMB (11-19): Martina Jones-Smith (SMB: Martina.Jones-Smith@myspbc.org)
- Dreamchasers (20-29): Curtis Ballard (curtis.ballardjr@myspbc.org)
- Aspire (30-39): Lance Watson, Jr. (lance.watsonjr@myspbc.org)
- Fusion (40-49): Michelle Townsend (michelle.townsend@myspbc.org)
- Encore (50-59): Jamie Duncan (Jamie.Duncan@myspbc.org)
- Prime Time (60-69): Maceo Freeman (maceo.freeman@myspbc.org)
- Refiners (70+): Wallace Simms (Wallace.Simms@myspbc.org)

*GPS is a study guide based on the weekend message. The purpose of this guide is to assist small groups in study.
Previous GPS Guides are available online at www.myspbc.org.*