

Main Street Church - Life Group Guide

Series: **ROOTS** :: **Part 4 – Self-Control**. February 7, 2016



Welcome & Prayer

* **Father God** – You created and know everything about us – mind, body & spirit. You know about weaknesses and potential, and you love us. (Psalm 139) **Jesus** – you are the ultimate model of love and self-control. You faced hunger, thirst, fatigue, temptation, persecution, pain, trial and torture with grace and strength that is beyond our understanding. (Hebrews 4:15) **Holy Spirit** – we invite you to fill our lives with your presence and power, teaching us, counseling us, guiding us, convicting us and transforming us from the inside out. Grow in us the *spiritual fruit* of self-control so that our choices, attitudes, actions and words become worship to You, the Living God. Amen. (Psalm 19:14)

Connect

* **What is 1 thing in life that amazed or surprised you in this past week?**

Check In

* **How did your Pray First prayer & fasting journey teach, challenge or change you in the area of Self-Control?**

Sunday Message Feedback

* **What initially jumped out at you or impacted you from Sunday's message?**

1. "My Bad"

Pastor Shawn shared about some times in his life where he did not exhibit self-control. Describe a time in your life with your group where you failed to practice self-control... (driving, shopping, skiing/sports, parenting, at work etc...).

*Is self-control generally easy or difficult for you? Discuss.

*What does **James 3:2** tells us about living with self-control?

2. If everyone would practice self-control how would our world be different?

Discuss some examples...

3. Read **1 Timothy 3:2, Titus 2:2, 5-6, 11-14.**

*How does the Bible speak of self-control as a Christian trait in a positive way? Discuss.

*How do you gain self-control, or how do you actually live with self-control? Discuss.

4. Read **Galatians 5:5, 16-23.**

*What do these verses tell us about how self-control enters into our lives?

5. Share the Reading of the following verses and discuss what they say about the reasons we should live with self-control:

- a. **Proverbs 16:32, 29:11**
- b. **1 Thessalonians 4:3-8**
- c. **1 Thessalonians 5:5-11**
- d. **1 Peter 4:7-8**
- e. **1 Peter 5:6-9**
- f. **Psalm 39:1-2**

Which one of the reasons discovered in these verses do you have the most trouble with? Why?

Application

Living by Design, not Default (decision & discipline vs distractions & destruction).

(Shawn talked about how important it is to make your decisions in advance)

Read Jeremiah 29:11-13.

- *What part does God play in the Design, and what part do we play in relationship with Him?.
- *Why is this principle important in living a life of self-control?
- *How has it been true in your life? Where could it have helped you in your life?
- *How could it change/help you moving forward?

Read 1 Peter 5:8

- *What do you need to do to apply this verse in your life? What help us/you stay alert spiritually?

Read Hebrews 2:18

- *How does this verse encourage you to flee temptation and live with self-control?

Prayer

- * In reflection and response to the application questions above...

Pray for one another, inviting the Holy Spirit to work in and through our lives this week.

Coming Up at Main Street Church

***PARTNERSHIP CLASS** (New) – **Sunday, March 6 – 6pm.**

Partnership Classes – designed and provided specifically for people in our church who are interested in learning about what Church Partnership (membership) means at Main Street, and who are considering making the commitment to partner/invest with us.

*Attending a Next Steps event is a prerequisite (coming up on Sunday. Feb.28th).

*Partnership is required for those who wish to serve in leading/teaching roles at Main Street Church (eg. Life Group Leaders, Worship Team, Leadership Team, primary Youth & Kids Leaders...)

*Those who are already Partners are not required to attend, but welcome to attend (including Life Group Leaders). *Pastor Shawn leads/teaches this class. *Refreshments & Childcare are provided.