

## **My Story Part 9 - Self-Control**

**July 7**

These questions are designed to extend the impact of the Sunday gathering. Use them to go deeper in your personal study time, with your family, and/or with your Life Group.

1. Which part of the message was most impactful for you and why? Which part of this passage is easiest for you? Hardest?

2. Have you ever had an experience where your willpower waned? How did you feel? Why do you think our willpower runs out of steam?

3. Why do you think self-control was included in Paul's list of The Fruit of the Spirit? Do you think self-control is a sought-after character trait in followers of Jesus today? Why or why not? What do you think happens in the life of a Jesus follower when self-control isn't exhibited?

4. We said, "We'll never really experience self-control until we experience self-surrender". How do you think surrender and self-control work together? Why do you think surrender is so difficult?

5. How does a follower of Jesus move from just saying, "no" to the things of this world to saying, "yes" to Jesus? What do you think is the difference? Do you think it would make a difference in our lives if we were able to actually learn to say "yes" instead of "no" all the time?

6. What is one specific thing you can do to develop self-control? What is one specific thing you can do to realize we are His and live like His child?

**Prayer: Holy Spirit, I pray to You for self-control. I need Your power to live surrendering to you. Let me be Your light and bring hope to those I meet as I try to live a life of self-control. Thank You for living inside me. In those areas that are hard for me to surrender, please, Lord, give me the strength I need to say, "yes" to You. In Your Name, Jesus. Amen.**

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