

This guide is intended to help you be better prepared to engage in making disciples in your small group. They are based off of the Sunday sermon listed in the top right corner. If you missed Sunday, make sure you take the time to listen to the sermon before your small group meeting. You can find the messages on our website.

Prayerfully considering these questions will help equip you to practice mutual ministry with your family at Vertical. While it's not likely that all of these questions will be asked during your small group meeting, we believe that your personal walk with Christ will be strengthened as you meditate upon the truths that God is teaching you through His Word.

1. What is self-control? How do I know if the Holy Spirit is producing self control in me?
2. **Read Gal 5:17**. Both your flesh and the Spirit have desires for you. Share at least one desire that you're aware the Spirit of God has for you in this season of life.
3. In what areas of self-control have you seen victory or growth? What areas still need work?
4. What are some "Christian" socially acceptable ways to be self-indulgent? How should we respond to our Christian family when we see these patterns in their life?
5. In what ways have your desires mastered you, instead of you mastering your desires? What is the next step to change this paradigm?
6. How can you tell if a desire has mastery over you?
7. What are the 5 steps towards self-control? Which one seems to give you the most trouble? Why is it important to recognize that growth is a process?
8. In what ways have you given in to the temptation of believing you "just need more willpower"? Why is "the power of willpower" a lie? What is the truth to counteract this lie?
9. The Bible is the source of wisdom. How is your Bible intake going? What passages can help you with self-control in the area(s) you most struggle?