

Rockford Reformed Church
Galatians 5:16-23; Ephesians 2:1-3 - "Self-Control"
5/20/18 – Pastor Tim Meendering

Questions for family/small group discussions:

Memorize 2 Peter 1:3 this week. What does this text say about the goal of our lives and God's provision?

1. What is self-control? _____ over self.

What are some ways that you have allowed circumstances, influences, emotional/physical factors, fear, or people to control your life?

2. Why do we need it?

a. Read Gal. 2:3 – What are some ways that you have gratified the cravings of your sinful nature and followed its desires and thoughts? What fallout or harm has surfaced through your addictions or being controlled by people/things?

b. What does Romans 10:3-4 say about our natural inclination to find a righteousness/satisfaction on our own? How does Christ change your search for love and acceptance?

c. Why should our struggles with habits and compulsive behaviors be different? (See Romans 6:6-14)

3. What is it not? It is not _____.

a. When do you most often find yourself working to tidy up your appearance and make yourself look good and calm on the outside? If you manage your appearance/façade well, how does that impact your need and ability to give up control to Jesus?

4. How do we exercise self-control? Envision the prize – to _____.

a. See 1 Corinthians 9:23-24. What kept Paul going? What will keep you going toward gaining progress in the race of the Christian life?

b. What kind of vivid images could you keep holding up of the joy and the prize that God has for you? We talked about the need to keep preaching the gospel to your self. What texts or thoughts could you use to keep refreshing your mind with the wonder of the gospel?

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