



Have Some Fruit: Self-Control
Galatians 5:22-23

Dec 4th, 2022

DAILY DEVOTION

Find a rhythm in God's word this week! Follow this 5 day plan on your own or with your group!

<https://my.bible.com/reading-plans/29941>

INSPIRATION

"If you learn self-control, you can master anything."
– Anonymous

"I cannot trust a man to control others who cannot control himself."
– Robert E. Lee

"I think self-discipline is something like a muscle.
The more you exercise it, the stronger it gets."
– Daniel Goldstein

"The best time for you to hold your tongue
is the time you feel you must say something or bust."
– John Billings

"The secret of success is learning how to use pain and pleasure
instead of having pain and pleasure use you.
If you do that, you're in control of your life.
If you don't, life controls you."
– Tony Robbins

ICE BREAKER

Self-Control:

- 1) What events in your life seem to lead you to periods where you have the most self-control?
- 2) Conversely, what is happening in your life when you find yourself with the least self-control?



- 3) We often suddenly “wake up” and realize we’ve just been mindlessly following our impulses and letting them get the best of us. Where have you seen this happen in your life?
When you’re tired, at the refrigerator? On the freeway? Social Media, Internet? In disagreements with family, drinking, shopping, time on video games, TV or Netflix...

Share an example or two from your life.

DEEP DIVE

Read this out loud

An excerpt from the message this week:

“I want to look at a couple of spiritual heroes. These are giants in the faith. We look at them as examples of faith – one exercised self-control the other did not. As a result it led to all kinds of regret.”

A) David: Self-Control Failure

Read 2 Samuel 11:1-5 (David and Bathsheba) and then answer the following questions:

- 4) Opportunity: The average Israelite would never have the opportunity to ever sin in the way David does here. What were the unique things in David’s life that brought him the opportunity and propensity to do these things?
- 5) Power: David was in a position where he had power over other people. Many of us have ended up with power over other people, at work, in relationships, over our children. What is it about being in a position of power over others that leads people to abuse that power through words or actions.
- 6) Choices: Adultery and murder don’t just happen. They are the result of a long series of increasingly consequential choices. From what you can remember of this event in David’s life, list all the forks in the road David came to, and as he went along, how he could have made a different choice at each point.



For instance; "At this point, David did this, but he could have made the hard choice to do this...."

B) Joseph: Self-Control Success

Read this out loud

An excerpt from the message this week:

OK – already don't like this guy – well-built and handsome. He is a slave, but he is so good looking that the slave owner's wife takes notice. Potiphar trusts Joseph completely. Joseph is making his owner lots of money. Potiphar is enjoying the results of Joseph's leadership. Mrs. Potiphar is not subtle – come to bed with me...

Read Genesis 39:2-12 and answer the following questions:

- 7) Convictions: what thinking and firm convictions did it seem that Joseph had in his mind, that protected him from giving in to these sexual temptations?
- 8) Choices: what did Joseph choose to say and do along the way that helped him resist?
- 9) Words: Joseph's words to Potiphar's wife reveal the foundational building blocks on which he stood firm in the face of her temptations. **"How then could I do such a wicked thing and sin against God?"**

Consider the progression below. How does taking away those foundational elements change our ability to resist?

- a) How then could I do such a wicked thing and sin **against God**?
 - b) How then could I do such a wicked thing **and sin**?
 - c) How then could I do such a **wicked** thing?
 - d) How then could I do such a thing?
- 10) We live in a sexual saturated world today with sexual temptation confronting us even when we don't seek it. While different strategies work for different people at different stages of their lives (married, single, young or old) what are suggestions for how to keep a healthy mindset and to respond properly in the world we now live in?



C) Money: A Self-Control Challenge

Read this out loud

An excerpt from the message this week:

No one likes to talk about self-control and money – we think it is unfair that I can't have stuff – that I can't afford – that is why credit card companies do well. They let us borrow money to buy things that we don't have self-control to say no to.

We don't have a money problem – we have a self-control problem.

Read 1st Timothy 6:10-11 and answer the following questions:

- 11) What are the benefits of striving for character and maturity, and the downsides of living to accumulate bigger and better homes cars clothes and toys?
- 12) Why is it so easy to spend all our money on ourselves and not give anything to Christian ministries and to charity?
- 13) What are some of the benefits of developing the habit of giving to others and to the Lord?

Additional Study

If you have time during your Small Group or you want to study more about the topic of self-control, read and consider the following passages:

- Prov 11:22 (A woman who shown no discretion)
- Prov 11:24-25 (Generosity)
- Prov 12:1 (Self-Discipline)
- Prov 12:16 (Responding to insults)

NEXT STEPS

- 14) Self-Control: What works for you? Share things you have found helpful so you have more self-control when your impulses keep offering to take the wheel.
- 15) What is one area you can work on this week to have more self-control?



PRAYER

In your group pray for self-control. Pray that God would help you see your situations clearly as he does and for the strength to choose what you know is right.

SERVE YOUR COMMUNITY

Establish a regular rhythm of serving together! Below are some service opportunities.

- BENSON - Serve with us at ABIDE every 2nd Saturday.
- MILLARD - Serve with us at Heartland Hope every 4th Saturday.
- FREMONT - Serve with us at LifeHouse every 3rd Saturday.
- OMAHA - Serve with us at Open Door Mission every 4th Saturday.
- Or get to know your community, are there any needs/volunteer opportunities?