

Growing in the Character of Christ – Self-control

July 17, 2022

Text: Galatians 5:22-23

Defining Self-control

- Self-control's worldly counterfeit – _____.

- Self-control's _____ definition.
 - Self-control is a work of the _____ within us.
 - Self-control is _____.
 - Self-control requires _____.

Self-control is Holy Spirit inspired and empowered effort that brings our passions in line with those of Christ, enabling us to resist temptation and live for the sake of Christ's desire – reconciling sinful humans to God.

Two Daily Arenas of Self-control

- _____ self-control.

- _____ self-control.

Restraint Equals Love

- _____ of self-control.
 - Jesus – Isaiah 53:7; Matthew 27:14
 - Joseph – Genesis 39:6-10
 - David – Counter example: 2 Samuel 11:1-5
 - The Corinthians – 1 Corinthians 8

Life Enrichment

What about today's teaching challenged, disturbed, or encouraged you?

- How do you feel about terms like self-control and self-discipline? Why?
- What is the difference between how our culture defines self-control and how the Bible defines it? Why does it matter?
- In what ways can we partner with the Holy Spirit to cultivate self-control?
- When your relationships are disrupted, how does it affect your appetites? When you are sinfully satisfying your appetites, how does it affect your relationships?
- Taking the definition of self-control from the frontside of this sheet, how would you clarify the definition to make it more practical (what would you add or subtract)?
- Why is restraint such a vital part of love?
- Why do you think we tend to define Christian spirituality through gifts, personal charisma, and self-sacrifice rather than through character? How do you think we can fix it?