

DISCUSSION GUIDE

GROWING IN SELF-CONTROL
Make Every Effort — Week 8

ICEBREAKER: Describe your week in weather terms. (Was it stormy, cloudy, foggy, mostly sunny, or what?)

OVERVIEW: How many people never fulfilled their potential because of a lack of self-control? How many lives have been cut short due to a lack of self-control? How many people have destroyed their health because of a lack of self-control? How many people wrecked their finances, destroyed their families, lost their jobs, and ruined their careers all because of a lack of self-control? The numbers are too many to count. Self-control is a key to success in all areas of life, and the lack of it is extremely dangerous. In this discussion we will go deeper with what self-control is, and how to cultivate it in our lives.

1. What insight, principle, or observation from this weekend's message did you find to be the most helpful, eye-opening, or troubling? Explain. (Or what was your key takeaway from Sunday's message?)
2. Read Proverbs 25:28. How can a lack of a self-control hurt you?
3. How has a lack of self-control impacted you personally?
4. In which areas of your life do you most need to cultivate more self-control?
5. What is self-control?

6. Why is it important not to be ruled by your feelings, impulses, and urges?
7. Stephen Covey wrote that self-control is "the ability to subordinate an impulse to a value." What are your core values, and how is self-control essential in the pursuit of those values?
8. Plato said, "The first and best victory is to conquer self." Do you agree with this statement? Explain.
9. How does self-control increase self-confidence and self-esteem?
10. How does self-control help in the pursuit of spiritual growth?
11. Read 2 Peter 1:3-7. What does this passage tell us about self-control?
12. What is the difference between the Christian virtue of self-control, and non-Christian self-control?
13. How can a person grow in self-control?

The Last Word: "You cannot succeed in life when you can't control those passions that can dishonor, discredit, and destroy your life." Pastor Tommy Nelson