Respectable Sins

Session Nine

Lack of Self-Control

***HOOK***

Since the last session, did you catch pride and selfishness at work in your life? What brought it to your attention? How did you respond?

Why do you think pride and selfishness may be difficult to detect in ourselves?

***BOOK***

What does Proverbs 25:28 and Galatians 5:19-21 say regarding self control?

What is self-control?

What does our culture say about self-control?

What does 1 Peter 2:11 reveal about the battle for self-control?

How do we as believers sometimes set a double standard as it pertains to self-control?

A person lacking self control is vulnerable to all kinds of temptations. Solomon, who wrote a key verse found at the beginning of this session, illustrates this. What happened to him and the Israelite nation as recorded in 1 Kings 11:1-6, 29-33?

What do these verses reveal to you about self-control?

* Galatians 5:22-23
* 2 Timothy 3:1-3
* Titus 2:2, 5-6; Ecclesiastes 2:10

Because biblical self control is not a product of our natural willpower, what trains us to live self-controlled lives? (Titus 2:11-12) What does this insight mean to you personally?

Read the following pages and note the emphasis Peter places on living self controlled lives.

* 1 Peter 1:13
* 1 Peter 4: 1 Peter 5:8
* 2 Peter 1:5-6

In order for us to exercise self-control, what must we battle unceasingly? 1 Peter 2:11

Is there a difference between biblical self control and natural will power?

“Self-control is dependent,” Jerry writes, “on the influence and enablement of the Holy Spirit. It requires continual exposure of our mind to the words of God and continual prayer for the Holy Spirit to give us both the desire and the power to exercise self-control. We might say that self-control is not control *by* oneself through one’s own willpower but rather control *of* oneself through the power of the Holy Spirit.”

* In our individualistic, goal-orientated culture, why is this truth important to remember?
* In light of our busy lives, what specific steps can we take to ensure we expose our minds continually to God’s Word? That we pray regularly and draw closer to God?

In what areas do we struggle with self control?

Three Specific Areas

1. \_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_
	1. Bridges says, “Let me say right away that I am not singling out those who have a so-called ‘weight problem.’ That may or may not be due to a lack of self-control. One of the most self-controlled men I have ever known struggled with is weight all his adult life. On the other hand, some who can eat what they please without gaining weight may, because of that fact, fail to exercise self-control in their eating and drinking.”
	2. What does Bridges mean then, when he says we tend to lack self control in eating and drinking?
	3. How can we protect ourselves or have greater self control?
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	1. What does Proverbs 14:17 say regarding a short temper?
3. \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_

***LOOK***

What kind of self-control, envy, and jealousy temptations do you face? What are some signals that we lack self-control, that our sinful desires are either starting to control us or have been controlling us?

What would you say are the three biggest areas in which people fail to exercise self-control? How can we recognize these temptations more quickly? What are the consequences? Practically speaking, how can we increase self-control when we are tempted to indulge our desires?

In his book, the author shares how a seemingly benign practice greatly weakened his self-control in more critical areas. In which areas are you tempted to use less self-control and give in to your desires?

Discuss this quote from chapter 13: “We cannot pick and choose the areas of life in which we will exercise self-control.”

***TOOK***

Reread the definition of self-control. Does lack of self-control keep surfacing in your life? If so, in what area(s)?

What role might the Holy Spirit play in helping you exercise more self-control?

If God were to underline any parts of this session with you in mind, what might He mark? Why?

After rereading the definitions of self-control, envy, and jealousy, contemplate areas where they may have made inroads into your life. How do you plan to make progress over these “respectable sins?”