

SELF-CONTROL

VIDEO TEACHING NOTES

Key Question: How does God _____ me from addictions and sinful habits?

Key Idea: I have the power through _____ to control myself.

Key Verse: “For the grace of God has appeared that offers salvation to all people. It teaches us to say ‘No’ to ungodliness and worldly passions, and to live _____, upright and godly lives in this present age, while we wait for the blessed hope – the appearing of the glory of our great God and Savior, Jesus Christ.” (Titus 2:11-13)

(Key Application) Self-control is _____ by the grace of God, not the law.

(Key Application) Self-control is empowered through _____ - _____.

(Key Application) Self-control is helped along through loving _____.

GROUP DISCUSSION

As a group, discuss your thoughts and feelings about the following declarations. Which statements are easy to declare with certainty? Which are more challenging and why?

- I am not addicted to any substances – whether food, caffeine, tobacco, alcohol, or chemical.
- I do not burst out in anger toward others.
- I do not have sexual relationships that are contrary to biblical teaching.
- I control my tongue.

Choose 2-3 questions that will lead to best discussion about the Key Idea

1. When is it most difficult for you to maintain self-control?
2. Describe someone in your life who amazes you with his or her ability to maintain self-control.
3. Often Christians “try harder” to resist sin, but fail. Is there a better way to combat our sinful urges? If so, what is it?
4. What role can biblical community play in building self-control?

Read Titus 2:1-15 and choose 1-2 questions to discuss.

1. In what way is grace a more effective motivator to resist sin than fear? Can you think of real-life examples?
2. What worldly passions do you have a hard time saying no to?
3. How can focusing on the return of Christ expand our ability to be self-controlled?

OTHER PASSAGES

Proverbs 16:32; 17:27; 25:28; 29:11

Titus 1:4-9; 2:1-15

Judges 16:1-21

1 Corinthians. 6:12-20; 7:1-9; 10:14-22

Genesis 39:1-23

1 Timothy 6:3-16

2 Timothy 2:22-3:7

James 3:1-4:10

1 Peter 5:8-11

2 Peter 1:3-11

Galatians 5:16-25

CLOSING PRAYER

BELIEVE SERIES Lesson 23

PERSONAL QUESTIONS FOR NEXT WEEK

Read Believe, Chapter 25: Hope and/or read the following passages

Job 6:1-13; 7:1-6	Psalm 42:1-11; 52:1-9; 118:8-9; 146:3-4	Isaiah 31:1, 3; 40:1-31	
1 Timothy 6:17	Jeremiah 17:5-6; 29:1-11	Habakkuk 2:18-19	
Hebrews 6:13-20	Colossians 1:24-29	1 Peter 1:1-25	1 Thess. 4:13-18
1 John 3:1-3	Luke 2:25-35	Hebrews 11:1-23:3	

Then, answer the following questions:

1. Have you ever felt despair like Job did? What questions did you ask of God?
2. As you read about the four sources of false hope, think about which one you are most susceptible to. What made you pick the one you did?
3. What promises of God can you find in the passages from Hebrews 6, Colossians 1, 1 Peter 1, 1 Thessalonians 4 and 1 John 3?
4. What effect did God's promise to Simeon that he would see the first arrival of Christ have on his life? What effect should God's promise to us that we will see the second arrival of Christ have on our lives?
5. According to the writer of Hebrews, what did the biblical heroes endure because they had hope in God? What is the "race marked out" for us? How is hope dependent on faith?

Key Verse: "We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain, where our forerunner, Jesus, has entered on our behalf." (Hebrews 6:19-20)

Key Idea: I can cope with the hardships of life because of the hope I have in Jesus Christ.

Personal Application

1. How would this virtue express itself in your life?
2. What visible attributes can be found in someone who is filled with hope?
3. What is impeding your ability to experience hopefulness? How can you overcome this obstacle?
4. What action step can you take this week to increase your belief in the promises of God?