

Godly Living in a Godless World
Self-Control

50 minute Group Discussion with Video

Start Video. Pause when cued.

Discuss Examples of Positive Self Control in our Culture for 5 minutes

How is Self-Discipline being shown in our society?
List examples of people who have shown great self-control.

Continue Video. Pause again when cued.

Discuss Examples of Negative Self-Control or Self-Sabotage in our Culture for 5 minutes

Using public examples from movies, literature, or history, identify people who have destroyed their lives because of their lack of self-control.

Continue Video to end.

Discuss Biblical Examples of Self-Control: What does God say? 5 minutes

How did Joseph show Self-Control? What was the long-term blessing as a result?
How did David self-sabotage his life by not exercising self-control? What was the result?
How does this Biblical Teaching apply to my relationships?

Continue to discuss how Self-Control is an Expression of Love in your life. 20 minutes
Use the discussion guide on the next page.

As you apply God's word about Self-Control to your life, consider the following roles you might play. Which role challenges you the most in the area of Self-Control? Why?

70 roles and relationships to consider as you apply this biblical truth to your life.

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| 1. Son | 24. Enemies | 48. Band mates |
| 2. Daughter | 25. Strangers | 49. Lawyer |
| 3. Sister | 26. Poor and Needy | 50. Judge |
| 4. Brother | 27. Military | 51. Police |
| 5. Mother | 28. President | 52. Firefighters |
| 6. Father | 29. Govenor | 53. Robber-Victim |
| 7. Husband | 30. Senator | 54. Captor-Prisoner |
| 8. Wife | 31. Elected Official | 55. Devil |
| 9. Step children | 32. Politicians | 56. Jesus |
| 10. Step parents | 33. Clerk | 57. Flight Attendant |
| 11. Ex - spouse | 34. Customer | 58. Passenger |
| 12. Friends | 35. Waiter | 59. Apprentice |
| 13. Boyfriend | 36. Diner | 60. Assistant |
| 14. girlfriend | 37. Assistant | 61. Landlord-Tenant |
| 15. Grandfather | 38. Teacher | 62. Fellow Assembly Line
Workers |
| 16. Grandmother | 39. Student | 63. Salesman-Customer |
| 17. Bride | 40. Driver | 64. Trainer-Trainee |
| 18. Groom | 41. Passenger | 65. Doctor |
| 19. Best Man | 42. Boss | 66. Patient |
| 20. Maid of Honor | 43. Employee | 67. Nurse |
| 21. College Roomates | 44. Co-Workers | 68. Missionary |
| 22. Friends (Old Friends, Kids,
Girls, Guys) | 45. Coach-Player | 69. Boss-Secretary |
| 23. Neighbors | 46. Pastor | 70. Mentor |
| | 47. Parishioner | |

What does it mean to be Self-Disciplined or have Self-Control in the various areas of your life? Does your lack of self-control/discipline in one area of your life pull down other areas of your life? How can you break down into smaller parts the big areas of your life that need more self-control/discipline?

Have you analyzed and diagnosed the triggers and environments that lead to self-sabotaging behaviors? When do you give in and fail to exercise self-control/discipline? Who are you with? Where does it happen? Are you tired/upset/emotionally on edge/etc? Can others predict when you will give in to your self-sabotaging behaviors?

Just because you are individually responsible for your life doesn't mean you must do it in isolation. Part of self-control/discipline is knowing when to ask for outside help. For example, AA members are personally responsible for their sobriety. They do not try to do it alone, but gain strength and determination by affiliating with others who want the same goal. Who could help you become self-controlled/disciplined?

Can the areas of your life that seem to be under your control give you some insight on how to have self-discipline in other areas of your life?

Does the quote "How you do anything is how you do everything" apply to your life?

Take-Away Card

Take 5 - 10 minutes for everyone to complete their Take Away Card. This will help members apply what they've learned throughout their week. Share the following ideas as thought starters:

Galatians 5:22-23

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Against such there is no law.”

What protections can you place around yourself so that you can avoid the self-sabotaging behaviors and complete the self-controlled actions that will lead you to godly living and success? Who can help?

What actions/behaviors can keep you on track?

- Examples: - Listening to Christian music rather than the news on the way to work.
- Reading inspirational, motivational and educational material to fill your mind with godly thoughts and ideas.
 - Associating with others who share your same dreams and desires so you can follow their example.
 - Pray daily or many times a day about the area of self-sabotage and ask for God's guidance and help. (If you break your day into 4 hour segments for prayer, you can ask God for the self-control for 4 hours at a time.)
 - Is there a Christian mentor who can pray with you and hold you accountable for the lack of self-control and also to keep you moving forward to greater self-discipline?

Ending Prayers

Share requests for prayer among group members. Take notes as each members expresses their needs for prayer. Use these notes to follow up on answers to prayer at your next meeting. End the meeting praying for the needs of your group members.