

SMALL GROUP DISCUSSION GUIDE

For the week of November 1-7, 2020
"THE MARKS OF SELF-CONTROL"

GETTING STARTED

To the facilitator: Use this section to introduce the topic. If possible, give a brief recap of the sermon.

Share a memorable point, a spiritual lesson, a personal application, a question, or something that challenged you from the sermon last Sunday.

List down one to three sports you like the most (whether as one which you play or as a spectator) and explain your choice.

GROUP DISCUSSION

Read 1 Corinthians 9:24-27.

1. Discuss briefly the problems and consequences of the absence of self-control in a believer for the following issues: (a) money; (b) resisting temptation; (c) temper; (d) tongue; (e) health; (f) materialism.
2. Paul uses sports to illustrate the importance of self-control. To what points of comparison does he point to? What does it mean for a believer to understand that you are in the race? In real practical terms, what does having a "running to win" mindset look like in the everyday life of a Christian?
3. *Discuss.* One pastor said, "Discipline is choosing between what you want now and what you want most." How does that statement play out in your own life? Why do you think our actions tend to favor the pain of regret over the pain of discipline?
4. *Share.* One of the results of self-control and discipline is consistency. When it comes to personal spiritual disciplines (i.e. bible study, prayer, fellowship, service, stewardship), how consistent are you? Is your consistency based on your own flesh or is it Spirit-driven?
5. Read 1 Corinthians 10:31. Have you ever experienced doing something purposefully for the glory of God? Does this verse imply more of an attitude, a way or life, or just guidelines for living? How does living for God's glory as a Christian relate to bearing the fruit of self-control?

6. Do you think there's any particular reason Paul ends his list of the Fruit of the Spirit with this particular attribute? How does self-control work together with the other fruit of the Spirit? For those of us who struggle with self-control – which, if we're honest, is every single one of us – what hope do we have?

7. In our study on the Fruit of the Spirit (Galatians 5:22-23), which one had the most impact on you? Why? Which fruit is the most struggle for you? How can you be more serious and more strategic in letting the Holy Spirit bear the Fruit of the Spirit in your life?

8. [NEXT STEPS]

Self-control is Spirit-control.

- ☐ I will be sensitive to the prompting of the Holy Spirit.
- ☐ I will practice self-control in the area of _____.
- ☐ I will be consistent in meditating on God's Word and in prayer.
- ☐ I will be serious about God and his purpose for my life.
- ☐ I will be intentional in training myself in the area of _____.

Don't forget to:

- ☐ Go through the devotionals everyday this week.
- ☐ Have a regular daily time of prayer and reading of God's Word.
- ☐ Commit 30 minutes a day for God's intervention in this fight against the COVID virus.

CLOSING THE SESSION.

Close the session by taking the time to pray for one another. Consider the following as you pray:

- Pray for the Spirit's enablement in growing the fruit of self-control in your life.
- Take the time to pray for our nation, for peace and for the gospel to prosper during this time of the pandemic.
- Pray for those who are hurting, going through fear, worry and anxiety in the group.
- Pray for your unsaved family, friends and loved ones.