



WEEK 10: SELF-CONTROL

ICE BREAKER

WORSHIP

PRAYER

SERMON REWIND

Self-control isn't about restriction, but about true freedom. In **Galatians 5**, self-control is the Spirit's work of bringing our desires, impulses, and habits under the leadership of Christ. Listed last in **Galatians 5:23**, "*self-control*" functions as a capstone virtue that safeguards the others, as the Spirit who indwells produces a new internal governance, freeing believers from the tyranny of the "*desires of the flesh*." Living in the flesh, we are often mastered by what we crave, but through the Spirit, we are empowered to live with clarity, discipline, and purpose. Jesus modeled this perfectly: resisting temptation, remaining obedient under pressure, and living fully surrendered to the Father's will. As we abide in Him, self-control becomes less about willpower and more about alignment. By the Spirit, we learn to say "*yes*" to what leads to life and "*no*" to what pulls us away from it.

This week, we'll identify what we allow to shape or control us and discover how the Spirit leads us into a life marked not by restraint alone, but by lasting freedom.

KEY VERSES

Look up these additional verses:

Galatians 5:22-23 (NIV)

1 Corinthians 9:24-27 (NIV)

Titus 2:11-12 (NIV)

DISCUSSION QUESTIONS

1 What Shapes Us?

We are all being influenced and formed by something.

- a. What tends to have the strongest influence on your decisions, emotions, or daily habits?
- b. How can you tell when something other than God is beginning to have too much control in your life?

2 Freedom or Control?

Many things promise freedom but often end up controlling us.

- a. Have you ever pursued something you thought would bring freedom, only to discover it was unhealthy?
- b. Why do you think it's often difficult to recognize those patterns while we're living in them?

3 Learning from Jesus

Jesus faced temptation and pressure yet remained faithful to the Father's will.

- a. What stands out to you about the way Jesus responded to temptation in **Matthew 4**?
- b. When you feel tempted, pressured, or emotionally reactive, what usually makes it difficult to respond like Jesus?

4 Spirit-Led Freedom

Self-control is consistently saying "yes" to where the Spirit is leading you.

- a. Where has it been really hard to say "no?" Why?

- b. How can you start stepping into a pattern of hearing God's voice and living that out?

5

Seeing Fruit Grow

As we walk by the Spirit consistently, self-control increases and it's growth becomes visible.

- a. What is one area where you've seen God help you grow in self-control over the years?
- b. What is one area where you would like to experience more freedom and Spirit-led growth?

DIVE DEEPER

Reflection Questions: Paul describes the Christian life as a battle between the desires of the flesh and the leading of the Spirit.

- When do you find yourself most vulnerable to acting on impulse rather than listening to God?
- In what areas of your life do you sense the greatest tension between what you want versus what God is leading you toward, and why do you think that tension exists?

PRACTICAL APPLICATION

Helpful practical habits that might follow the theme of curriculum.

Living in Self-Control—This week, reflect on:

- What has been influencing me most lately?
- What is one small step of surrender God may be inviting me to take?

Ask the Holy Spirit to help you surrender to Him and help you walk by the Spirit.

PRAYER/MINISTRY TIME

CLOSING SCRIPTURE

Galatians 5:16 (NIV), *"So I say, walk by the Spirit, and you will not gratify the desires of the flesh."*

Let the group rest in this encouragement as you close together in prayer.

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