



# Session 10: Practising SELF CONTROL

## Examples of Christlikeness...

Watch the video: <https://youtu.be/M7j1rFYR4W0> (up to 6:48)

- What struck you about the stories shared?
- Take some time to share any testimonies of how your character has been transformed through this series. What have you found most helpful?

## Practising Self Control

Watch the video: <https://youtu.be/M7j1rFYR4W0> (from 6:48)

- What do you think of when you think of self-control?
- How does the Bible speak of self-control as a Christian trait in a positive way? (1 Timothy 3:2, Titus 2:2, 5-6, 11-12)
- Read **Galatians 5:16-26** again. 'True self control is not about bringing ourselves under our own control, but under the control of the Holy Spirit' Discuss, in the light of these verses. What do you think is the difference? How do we go about seeking to do that?
- Have a look at one or both of these stories of examples of self-control.
  - Joseph in Gen. 39:6-18;
  - Daniel and his friends in Daniel 1:8-16

What do you think it was that helped these characters express self-control in these situations?

- Where do you find it hard to demonstrate self-control? What helps you to follow God's way in these times?

## Response

- Take time to be still. Ask God to show you if there are any particular areas in your life where you particularly need to grow in self-control? What steps is he calling you take to actively live this out? Who could you share this with and be accountable to?
- In the quiet, or with someone else, pray for God's help and grace to be more self controlled.
- Finish by saying the prayer of John Stott together – and then commit to saying it every day this week.

*Heavenly Father, I pray that this day I may live in your presence and please you more and more.*

*Lord Jesus, I prayer that this day I may take up my cross and follow you*

*Holy Spirit, I pray that this day you will fill me with yourself and cause your fruit to ripen in my life: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.*

*Amen.*