

INSIDE OUT

NINE ESSENTIAL ELEMENTS
OF SPIRITUAL MATURITY

The Fruit of the Spirit
#9 "SELF-CONTROL"

The Rev. Dr. Jeremy Mahood
April 9, 2017

Welcome to our final study in the fruit of the Spirit: self-control.
Please read together **Galatians 5:22-23**

1. We are defining self-control as 'the ability to live with restraints'.
 - a. What are your thoughts on this definition?
 - b. How do you see society in light of this definition?

2. **READ:** Galatians 5:19-26
 - a. This scripture can be divided into two sections. What is the contrast between living without restraint and living with restraint?
 - b. What are we doing because we belong to Christ in verse 24?
 - c. Do you think followers of Christ have a problem implementing verse 24? Why or why not?
 - d. Who is our source of life in verse 25?
 - e. What are we warned against in verse 26?

3. **READ:** Proverbs 25:28 and discuss the following statement:
"Self-control is the glue that holds the other spiritual fruit together"
 - a. How can a lack of self-control in believers damage the cause of Christ?

4. Discuss this quote from H.B London:
"What we do upon some great occasion will probably depend upon what we already are. And what we are will be the result of previous years of self-discipline."

5. The very concept of self-control implies a battle between a divided self. How is our "self" divided? Why is this a battle?

6. **READ:** Luke 9:23 (NIV)
 - a. Explain this verse in your own words.
 - b. What examples of self control could you give in the life of Jesus Christ?
 - c. Speculate on what you think would have happened if Jesus had not exercised self-control. What current pressures in the life of Christ could have caused him to lose control?

7. In terms of self-control, what do you think this statement means?
"The power of the future mission must be greater than the pressure of the current moment."

8. What was Christ's future mission that impacted his life in such a way that he could live a life of absolute self-control?
9. How do you think having a compelling vision of the future can help us live self-controlled lives in the present?
10. Discuss this statement:
"In the moment I exercise restraint, because what I want in the future is greater than what I want now!"
11. **READ:** 1 Corinthians 9:25-27 (NIV)
 - a. What does Paul liken life to?
 - b. What is the crown that we may receive that will last forever?
 - c. What illustration is given in verse 26? What does this mean to you today?
 - d. What does verse 27 mean? How can you be disqualified from the prize?
 - e. Why is regret such a powerful emotion?
 - f. What is the relationship between regret and self-control?
12. Explain how a loss of self-control involves using a good thing in a bad way. What are some good things that when out of control cause us problems?
13. What do you think this statement means?
"The difference between natural self-control and Christian self control is all about who gets the glory."
14. Discuss this statement:
"True self-control is not about bringing ourselves under our own control, but under the power of Christ."

KEYS TO SELF-CONTROL

1. Explain why you think that finding a 'vision' for your life that connects with the mission of Christ is so important in developing self-control.
2. What do you think the word 'surrender' has to do with self control....why do we need to surrender?
3.
 - a. Why is 'trust' such a big part of self-control?
 - b. In what, or whom are we to trust?
 - c. How can developing a 'plan' for your life and mission aid in maintaining self-control? Why is it important to plan? (Refer to 1 Corinthians 9:26)
 - d. What is the role of 'accountability' in maintaining self-control? Why is it important to be accountable? To whom would you be accountable?
4. In what areas of your life do you need the Holy Spirit to empower you to be more self-controlled?

5. How could you use the key words above (vision, surrender, trust, plan, and accountability) to begin the process of developing a life of greater self-control?

WRAP UP

What do you think would happen if people in the Body of Christ, the church, were to begin to actively demonstrate this spiritual fruit of self-control? What would happen in our churches, in our homes and in our communities?

YOUR HELP IS REQUESTED...

Thank you for participating in this small group series. I would love to hear how this series has impacted your life. I would also welcome any suggestions for improving these small group notes or any ideas for other topics in the future. Please email me at jmahood@allnationschurch.ca with your thoughts this week. I would really appreciate your feedback.

The power of the future mission must be greater
than the pressure of the current moment.

IMPORTANT INFORMATION:

1. **YOU WON'T WANT TO MISS 72: *The Words Darkest Hours*** Good Friday April 14th at 7 p.m., a dramatic video and music production detailing the unjust execution of the man known as Jesus Christ. Set in a future age, the lives of the people who executed Jesus come under great stress as they discover who this man really was and the hoax they have been forced to propagate. Using the great commercial music and the music of the church, as well as powerful videos, you will experience a dramatic and moving presentation that will lead you to examine some of life's biggest questions.

We are also providing *free childcare* to age 12. And a *meet and greet reception* immediately following the presentation.

2. Your **EASTER Offering** envelope should have arrived in the mail. If you have not received yours yet please contact the office at 705-673-6110 and let them know. We want everyone to have an opportunity to participate in this great opportunity.

This season we are asking you to contribute over and above your regular giving so as a church we can reach out to Attawapiskat, and the Dominican Republic.

Your generosity affords us the opportunity to present out Good Friday outreach free to your friends, relatives, neighbours and family.

Your **EASTER Offering** also supports PLUNGE IN THE PARK: our community outreach baptism service on June 25th. This is a Sunday where we do not receive an offering so your help will cover the revenues from our day at the beach & the scrumptious free BBQ.

EASTER SUNDAY IS APRIL 16! Practice using your Nine Risky Words...you never know what God will do! **“WOULD YOU LIKE TO COME TO CHURCH WITH ME?”**

3. Sunday April 30 is our “Big Thank You”!

Each of those serving has been given talents, skills and passions from the Lord. They have been willing to share these with the All Nations Church community and for this we are deeply grateful.

Sunday April 30th the staff of All Nations Church is excited to celebrate the difference these faithful volunteers have made for God's kingdom.

All those who receive and benefit from these gifts are invited to participate in this year's church-wide appreciation of our **29 teams**. Small Groups are especially encouraged to do as God instructs us in showing appreciation to others in a manner which is reflective of your group. Cards to each team are particularly appropriate.

Please discuss this opportunity with your group, and email Bette Choquette (bchoquette@allnationschurch.ca) with your decision as to method of participation. This is your chance to make a difference in the lives of those who make a difference in ours!