

WHAT OUR WORLD NEEDS NOW

SELF CONTROL NOVEMBER 3

GROUP NORMS

Be courageous, be compassionate, be connected
Be a cog...not a hog or a log
Be a listener...not a fixer

NOTE: Don't feel the pressure to ask all of these questions. You may want to prioritize which ones you think will generate the most discussion within your group. There are a few cues for personal reflection that the group leader may also bring into the discussion if time and group dynamics allow.

DISCUSSION

Ice Breaker. Choose one:

- If you could go somewhere to get away, where would you go?

General

- Comment on this verse: "Like a city whose walls are broken through is a person who lacks self-control." Proverbs 25:28 NIV <https://bible.com/bible/111/pro.25.28.NIV>
- What is a working definition of self-control?
- Tell about a time you witnessed a lack of self control in yourself or in someone else.
- Why is it hard to master self-control?
- What are some of the results of a lack-of self control in a life?
- Why is self-control important?
- How does one go about growing in self control?
- How does self-control impact your relationships with others?
- What one take away from the teaching?

Prayer Time:

Grant me Father, I pray, a spirit of self control. May I face all issues of life with calmness and control, from self and over-indulgence. I pray for love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Amen.