

SAVOURING OUR SAVIOUR

RIPE 'N' READY

SELF-CONTROL

READ: (Galatians 5:16-26)

As this is the last in the series **RIPE 'N' READY** discuss WHICH part of the fruit of the Spirit has been the most challenging for you and WHY you think that is.

As you think on Self-control today, please understand that Self-control is born of yielding control to The Holy Spirit within us so that Christ can be seen in us, and God's work can be done through us.

The Bible gives us many reasons to exercise self-control.

Q. From the following verses WHAT are some of them?

- a) (Proverbs 16:32, 29:11)
- b) (1 Corinthians 7:3-5, 1 Thessalonians 4:3-4)
- c) (1 Thessalonians 5:6-8)
- d) (1 Peter 4:7)
- e) (1 Peter 5:8-9)
- f) (Psalm 39:1-2)

Q. WHICH one or two of these six reasons for having self-control might we have the most trouble with and WHY?

Q. WHAT is the difference between Self-indulgence and Self-control and HOW ought that to mark out

Q. WHY do you think it is so hard to exercise self-control?

- Q. WHAT** do you think it means to master your desires and passions, and are desires and passions a bad thing? WHY or WHY not?
- Q. WHAT** according to (Proverbs 25:28) is the danger we face in lacking Self-control?
- Q. WHAT** according to (Galatians 5:19-21) are the results of a society where SELF is in control?
- Q. HOW** do we according to (Galatians 5:24) get control over self and live to fully display the fruit of the Spirit?
- Q. HOW** does the mind affect self-control and based on (Philippians 4:8) what types of thoughts should fill our minds?

Each day, we are faced with hundreds of decisions that require Self-control. Not all of them involve the choice to sin, many more determine whether we want to settle for less than God's best. (1 Corinthians 10:23)

- Q. HOW** does Self-control impact our choices?
- Q. HOW** do I exhibit Self-Control in my daily life?
- Q. WHAT** can I do to develop a better attitude of Self-Control? (Romans 8:5-8 & 13:14)

Shaun