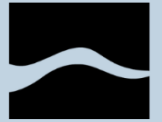


SERMON NOTES

CULTIVATING SELF-CONTROL

Selected Scriptures



BIG IDEA: We need self-control to be effective and fruitful in the knowledge of Christ.

APPLICATION GUIDE

October 29, 2023

DISCUSS

What is the difference between trying to control our circumstances and controlling ourselves?

Which one do you spend more time trying to do?

How does a biblical view of self-control differ from that of the world?

What is the significance of Christ's self-control in his temptation (Mt 4), particularly in the Garden of Gethsemane (Mt 26)?

APPLY

How do passages such as Galatians 5:16, 2 Timothy 1:7, and Titus 2:11-12 encourage you to live a life of self-control?

Where in your life do you see a need for greater self-control?

What steps will you take, spiritually and practically, to cultivate this fruit of the Spirit in your life?

COMMIT

All the fruits of the Spirit are cultivated by living a crucified life of submission to the Spirit (Galatians 5:24-25). Begin to pray daily that the Lord will help you create a spiritual climate where the fruits of the Spirit can grow abundantly.