

*Galatians 5:22-26; Galatians 6:1-9*

1. Self-control is setting aside selfish interests for a sacred purpose.

*Luke 9:23-25; Luke 9:23 (AMP)*

2. Self-control is needed to fight the temptation of sin.

*1 Corinthians 9:22-27*

3. Self-control protects your soul.

*Proverbs 25:28; John 15:5-8*

## Small Group Outline & Discussion Questions

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### Connect:

Have each person share a high and low from this past week.

### Consider:

Self-control is setting aside selfish interests for a sacred purpose.

*Choose one or two questions for your group to discuss as time allows.*

- ▶ Read Luke 9:23 (AMP). What initial thoughts come to mind when you think of self-control?
- ▶ Is there one sacred goal for all believers, individual ones for each of us, or both? Share about your choice.
- ▶ Read Galatians 5:24-26. How are each of the three possibilities in verse 26 relevant in our world today? (Bonus question: Which one do you personally need to be most conscious of?)
- ▶ Read Proverbs 25:28. List some boundaries together that could help protect the city of a person's soul.

### Commit:

*Spend 1-2 minutes in silence with these questions then share your thoughts.*

Read Galatians 6:8. Pastor Matt gave us a battle plan for healthy self-control.

- Don't battle temptation alone.
- Do battle temptation with scripture.

Do you already have someone who walks with you or do you need to share your life with someone? Who would that be?

What is the scripture you need to focus on for this season? (If you don't have one yet, who will you share it with when you find it?)

### Care:

*Thank God for the highs mentioned earlier and remember the lows in prayer.*

Pray that we as individuals and our church as a whole will take up the sacred goal God has for us, laying aside any distractions and coming together to make a difference.