

Self-control is an invisible virtue that, when practiced, will sustain a healthy and holy life that visibly honors God and others.

1. Self-control starts with surrender.

*John 15:1-5*

2. Self-control requires effort.

*Titus 2:11-14*

3. Self-control is sustained by habits.

“Habits eat willpower for breakfast.” - John Ortberg

Self-gratification is easy at first but becomes difficult.

Self-control is difficult at first but becomes easier.

*Philippians 3:12-14*

## Small Group Outline & Discussion Questions

### Celebrate and Care:

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

### Big Idea:

Self-control is an invisible virtue that, when practiced, will sustain a healthy and holy life that visibly honors God and others.

### Open Up:

What is a habit you have developed that you are happy you have now?

### Discuss:

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

- ▶ Who is someone you know that you admire for their self-discipline?
- ▶ Make a list of factors that weaken our ability to walk out our lives in self-control, or be who we want to be.
- ▶ Read Titus 2:11-14. Pastor Matt said that, “Habits can be the application that moves us from information to transformation.” Why is application so important?
- ▶ How do people discern where God is leading them?
- ▶ What kind of habits can disconnect people from Jesus?
- ▶ What are some habits people establish to stay connected to Jesus?

### Engage:

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

Read Philippians 3:12-14. Throughout this series we have been talking about how God offers to meet us in the journey not just at the final destination. What is the one next-step habit that God has been prompting you toward?

Why would it be worth it to invest in that next step?

What will you commit to doing and who will you invite into your journey?

**Close together in prayer.**