



SESSION GUIDE:

#4 The Handhold of SELF CONTROL

4.

Warm-up Questions:

- What is the hardest appetite for me to control?

- |                                   |                                    |
|-----------------------------------|------------------------------------|
| <input type="checkbox"/> sweet    | <input type="checkbox"/> spicy     |
| <input type="checkbox"/> salty    | <input type="checkbox"/> tangy     |
| <input type="checkbox"/> caffeine | <input type="checkbox"/> cold      |
| <input type="checkbox"/> crunchy  | <input type="checkbox"/> chocolate |
| <input type="checkbox"/> cold     |                                    |

- OK, be honest: What was your weakest moment recently with this appetite?
- Why do you try to practice self-control over this? What helps?

Inductive Bible Study:

**Observation** (what does it say?) SPEND MOST OF YOUR TIME HERE!

As you read the text, ask: WHO, WHAT, WHERE, WHY, WHEN, HOW?

**Circle and draw lines** to similar thoughts.  
Notice contrasts and key words.

**Interpretation** (what does it mean?)

- What are the author’s central thoughts to the reader?
- What is the context (time, place, circumstance, audience)?
- What spiritual principle or lifestyle change is addressed?

**Application** (what does it mean for my life?)

- What action step would demonstrate my obedience to what God is saying in this passage?



Divide the group in half.

**Group #1:**

- What do we learn about self-control in these passages?

Proverbs 25:16

If you find honey, eat just enough— too much of it, and you will vomit.

2 Timothy 3:2-3

2 People will be lovers of themselves, lovers of money, boastful, proud, abusive, disobedient to their parents, ungrateful, unholy, 3 without love, unforgiving, slanderous, without self-control, brutal, not lovers of the good.

Proverbs 3:7-8

7 Do not be wise in your own eyes; fear the Lord and shun evil. 8 This will bring health to your body and nourishment to your bones.

Proverbs 25:28

Like a city whose walls are broken through is a person who lacks self-control.

**Group #2:**

- What do we learn about self-control in these passages?

1 Corinthians 9:24-27

24 Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. 25 Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. 26 Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. 27 No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.



2 Timothy 1:7 New International Version (NIV)

7 For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

Galatians 5:23-24

23 The fruit of the Spirit is . . . gentleness and self-control. Against such things there is no law. 24 Those who belong to Christ Jesus have crucified the flesh with its passions and desires.

Now share with the whole group what you have discovered about the incentives for self-control in the scripture. List some of the powerful metaphors used in these verses.





## T E A C H I N G

### Action Steps:

Privately: Do a personal and private inventory. Write down an issue of self-control where you need to gain a handhold to keep you from falling or to help you grow in your walk with Christ. *(This is not to be shared with the group.)*

Is it physical/emotional/marital/sexual/financial/ambition?

### With the whole group:

What practical tools have strengthened my grip on self-control?

- Accountability
- Removing temptations from my environment
- Adding positive incentives to remind me of my true goals
- Clarity about my goals
- Enjoyment of the positive results of self-control
- Other?

Close in prayer in triads, praying for each man's action step toward self-control.

Prepare for Session #5:  
Read chapter 6 in DNRT: PERSEVERANCE