

An Order of Self-control

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Questions: Have you made New Year's, September or COVID resolutions? Which ones have to do with self-control? What is the most extreme example you have witnessed of someone being completely "out of control?"

Read Galatians 5:22-23 (NLT)

Questions: When you think of "self-control", what is the first idea that comes to mind? Does it have a positive or negative aspect to it? Why?

**Self-control is the ability to do the right thing,
even when you don't feel like it.**

Read Romans 7:18-20 (TPT)

"... The longings to do what is right are within me, but will-power is not enough to accomplish it."

Will power is a limited source that can be depleted. H.A.L.T. (Hungry, Angry, Lonely, Tired) drain our will power.

Questions: Has this been your experience? How?

Self-Control is like a muscle that can grow through resistance, and frequent use. If you want to grow your self-control, invest in better habits.

**Don't give up what you want most
for what you want now.**

Question: When has self-control paid off most for you in your life?

The key to self-control is surrender. It is a fruit of the Spirit!

Questions: What area of your life do you need to grow in self-control? What habits do you need to develop? What does "surrendering to the Spirit" in these areas look like in your life today?

**Self-control isn't meant to restrict or crush you,
it is meant to free you!**

Find Next Step Resources at generations.ca/selfcontrol.