



## THINK ON IT...

1. Describe a time in your life when you felt your life was out of control. What feelings gripped your heart during those moments?
2. Where are people's lives out of control in today's world? Why do you think it is so?
3. How do you define self-control, what does self-control mean to you? Is it harder for some than for others? Why might that be? Talk about the importance of this virtue's presence in the list of the nine fruits of the Spirit – read Galatians 5:22-23.
4. The Greek word translated “self-control” is a combination of two Greek words: en kratos. “En” means “in” and “kratos” means “strength, power, might or dominion.” A person with en kratos is a person who has strength within or rules him/herself well. Can we have self-control without God's help? For the believer, how does this strength manifest itself in life's daily decisions?
5. Talk about the difference between self in control and self under control. What spiritual dynamic is at play here?
6. If you took an honest inventory of your life, you might have to admit that some things are not the way they should be. Most of us struggle with feeling that we have a good grip on some parts of our life while others are somewhat out of control. What areas of your life do you feel you have a good grip? What is contributing to these areas being positive or healthy?
7. In what areas of your life do you feel you need to exercise more self-control? Why? What is standing in the way of you exercising more self-control in these areas of your life? What needs to change if you're going to get a grip on these areas of your life?
8. How can you lean on God's Spirit this week to cultivate the fruit of self-control in your life?
9. What do you sense God has been saying to you through this study? What are you going to do about it?