



#8- Self-Control

Passage: Colossians 3:1-17

¹If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. ²Set your minds on things that are above, not on things that are on earth. ³For you have died, and your life is hidden with Christ in God. ⁴ When Christ who is your life appears, then you also will appear with him in glory. ⁵Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry. ⁶On account of these the wrath of God is coming. ⁷In these you too once walked, when you were living in them. ⁸But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth. ⁹Do not lie to one another, seeing that you have put off the old self with its practices ¹⁰and have put on the new self, which is being renewed in knowledge after the image of its creator. ¹¹Here there is not Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave, free; but Christ is all, and in all. ¹²Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, ¹³bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. ¹⁴And above all these put on love, which binds everything together in perfect harmony. ¹⁵And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. ¹⁶Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. ¹⁷And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

1. What it is

The ability to choose the _____ thing
over the _____ thing.



#8- Self-Control

Passage: Colossians 3:1-17

¹If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. ²Set your minds on things that are above, not on things that are on earth. ³For you have died, and your life is hidden with Christ in God. ⁴ When Christ who is your life appears, then you also will appear with him in glory. ⁵Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry. ⁶On account of these the wrath of God is coming. ⁷In these you too once walked, when you were living in them. ⁸But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth. ⁹Do not lie to one another, seeing that you have put off the old self with its practices ¹⁰and have put on the new self, which is being renewed in knowledge after the image of its creator. ¹¹Here there is not Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave, free; but Christ is all, and in all. ¹²Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, ¹³bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. ¹⁴And above all these put on love, which binds everything together in perfect harmony. ¹⁵And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. ¹⁶Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. ¹⁷And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

1. What it is

The ability to choose the _____ thing
over the _____ thing.

2. Why we need it

Proverbs 25:28

A man without self-control is like a city broken into and left without walls.

3. How do we get it

1. It's _____ to you

²³ I do all this for the sake of the gospel, that I may share in its blessings.²⁴ Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. ²⁵ Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. ²⁶ So I do not run aimlessly; I do not box as one beating the air. ²⁷ But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.
1 Corinthians 9: 23-27

WARNINGS!!!

1. You can do this _____ yourself

2. You can do this _____ yourself

2. It's _____ you

Colossians 3:16: Let the word of Christ dwell in you richly

Self-control is not a moral issue, it's a _____ issue

Let him _____ you _____!
This will naturally produce the fruit of the spirit in you for others to enjoy.

Life Group Discussion Questions

1. Ask God: What do you like about me?
2. Share your experiences of asking God that question.
Did He answer? Was it difficult to receive? Is it difficult to share? Etc.
3. What are other ways you can abide in God's love routinely?

2. Why we need it

Proverbs 25:28

A man without self-control is like a city broken into and left without walls.

3. How do we get it

1. It's _____ to you

²³ I do all this for the sake of the gospel, that I may share in its blessings.²⁴ Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. ²⁵ Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. ²⁶ So I do not run aimlessly; I do not box as one beating the air. ²⁷ But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.
1 Corinthians 9: 23-27

WARNINGS!!!

1. You can do this _____ yourself

2. You can do this _____ yourself

2. It's _____ you

Colossians 3:16: Let the word of Christ dwell in you richly

Self-control is not a moral issue, it's a _____ issue

Let him _____ you _____!
This will naturally produce the fruit of the spirit in you for others to enjoy.

Life Group Discussion Questions

1. Ask God: What do you like about me?
2. Share your experiences of asking God that question.
Did He answer? Was it difficult to receive? Is it difficult to share? Etc.
3. What are other ways you can abide in God's love routinely?