



## Sermon Discussion Guide: The Secret of Self-Control

**Series:** Proverbs: Wisdom for Living

**Main Text:** Proverbs 25:28

**July 26-27, 2025**

### Introduction

This guide can be used on your own or with a small group to reflect on the weekend message and apply it to your life. Leader's Notes have been included to help in your preparation. Choose the questions that work best for your group—there's no need to go through them all. To learn more, visit [silverdalebc.com/smallgroups](http://silverdalebc.com/smallgroups).

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### Icebreaker Options

1. Can you think of a time you made a split-second decision that you later regretted? What would have changed if you had paused?
  2. What's a silly habit or impulse buy you've had a hard time resisting lately?
  3. What part of this message stood out to you the most and why?
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### Main Idea

True self-control is not about personal willpower but about surrendering our lives to Christ's control and walking by the Spirit.

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## **Main Point 1: The Collapse of Self-Control**

**Key Scripture:** *“A person without self-control is like a city with broken-down walls.” – Proverbs 25:28*

### **Leader’s Note:**

Without self-control, life becomes vulnerable and unstable, just like a city with broken-down walls. Even one area of weakness can lead to major collapse.

### **Questions:**

- Why do you think self-control is such a critical factor in maintaining a healthy life?
  - What “hole in the wall” might be putting you at risk to spiritual attack right now? What could you do to begin patching that hole?
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## **Main Point 2: The Rebuilding of Self-Control**

The path to rebuilding involves five practical and spiritual steps.

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### **Step 1: Take Responsibility to Rebuild Your Wall**

**Key Scripture:** *“People ruin their lives with the foolish things they do, and then they blame the Lord for it.” – Proverbs 19:3*

### **Leader’s Note:**

Before anything can change, you must own the problem. Blaming others (or even God) keeps you stuck.

### **Discuss:**

- Why is it so tempting to blame others (or God) for our lack of control?
  - How have you found yourself shifting the blame away from yourself? What does it look like to “own your part” in the struggle?
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### **Step 2: Build a Wall Where You’re Vulnerable**

**Key Scripture:** *“The wisdom of the prudent is to discern his way, but the folly of fools deceives themselves.” – Proverbs 14:8*

**Leader's Note:**

Identify your weak spots and build guardrails. Avoid what triggers loss of control—whether it's people, places, or habits.

**Discuss:**

- Talk about some ways that identifying weak spots and building guardrails could look different for men and women.
  - What are some ways you can identify weak spots in your life?
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**Step 3: Build a Wall of Spiritual Disciplines**

**Key Scripture:** *“Walk by the Spirit, and you will not gratify the desires of the flesh... the fruit of the Spirit is self-control.” – Galatians 5:16, 23*

**Leader's Note:**

Self-control is cultivated through daily habits like Bible reading, prayer, fasting, and worship. Spiritual growth doesn't happen by accident—it's intentional training.

**Discuss:**

- What's one spiritual discipline you've struggled to maintain?
  - What are some steps you can take to grow in this area?
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**Step 4: Build a Wall with Others**

**Key Scripture:** *“A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer.” – Ecclesiastes 4:12*

**Leader's Note:**

Accountability is a powerful tool. Let others in on your struggles and ask for support. We grow stronger together.

**Discuss:**

- Why do we often resist accountability, even when we know we need it?
  - What are some ways you can build accountability into your life?
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## **Step 5: Build a Wall with Christ's Power**

**Key Scripture:** *"For God is working in you, giving you the desire and the power to do what pleases Him."* – *Philippians 2:13*

### **Leader's Note:**

*"A self-controlled life is lived in submission to something greater than self. Self-control is not when I control myself. It is when "self" is controlled by the Holy Spirit."* - Tony Walliser

### **Discuss:**

- What are some ways we can practically "walk in the Spirit" each day?
- Have you ever found yourself pushing Jesus away out of shame? Ask your group to encourage one another with truth about how Jesus wants to enter into our mess, not run away from it.

### **Pray**

End your discussion time by praying for your group and their needs.