

Developing Self-Control

Family Guardrails

1 Corinthians 9:24-27

FAMILY GUARDRAIL: A PREDETERMINED PERSONAL OR FAMILY VALUE THAT BECOMES A MATTER OF CONSCIENCE.

Self-Control: The 'inner strength' to not act on impulse or to overcome impulses that would not allow you to do what you need to do.

DEVELOPING SELF-CONTROL

5 ways to master your passions...

- ❶ **RESOLVE TO MANAGE IT.**
(1 Corinthians 9:24, Prov. 29:11)
- ❷ **REFLECT BEFORE REACTING.**
(1 Corinthians 9:26, James 1:19-20)
- ❸ **RESTRAIN YOUR ACTIONS.**
(1 Corinthians 9:27a, Prov. 21:23)
- ❹ **REALIZE THE COST.**
(1 Corinthians 9:27b, Prov. 25:28, 29:22)
- ❺ **REQUEST GOD'S HELP.**
(Psalm 141:3-5, Galatians 5:22-25)

REALife Application

Use the following questions this week to reflect on what it would mean to align yourself with the truths taught in Scripture. Each question is meant for both personal reflection and as a catalyst for discussion with your family, friends, or REALife Group.

1. Look up the words “self control” and “self-discipline” in the concordance of your bible. Pick 5-7 references and look at how the word is used. What do you see?
2. If self-control is a fruit of the Spirit (see Gal. 5:23), doesn't it just come naturally from God? Explain how the Holy Spirit gives us self-control and how we are supposed to exercise it in our lives. See Eph. 2:10.
3. Explain the “cause and the effect” nature of life. Give some biblical passages to support your explanation; e.g., Gal. 6:7-8. Why does this cause and effect make self-discipline so important?
4. How do you teach self-discipline to a child? Can you teach it to an adult? Explain the role of discipleship and accountability in personal growth. What would you say to the unstructured person who abhors self-discipline as a limit on their freedom?



Memory Verse

²⁷ No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.
– 1 Corinthians 9:27

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② _____ **BEFORE REACTING.**
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③ _____ **YOUR ACTIONS.**
(1 Corinthians 9:27a, Prov. 21:23)

④ _____ **THE COST.**
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