



Date: October 22, 2023

Pastor: Mike Koot

Series: Everything We Need

Scripture: 2 Peter 1: 1-11;

1 Corinthians 9:23-27 & 10:11-13

Message: Self-Control

1. Sunday Summary:

This Sunday we continued our sermon series we're calling *Everything We Need*. It's a series about how we grow in grace, and we already have everything we need to do it. However, in spite of that we're called to add virtues to our lives, and when we do, we'll really find the full life Jesus offers us. This week we looked at adding the virtue of self-control. We looked at three things:

- 1) **What Self-Control Is** – Self-control is about having one driving, over-mastering desire that orders all our other desires.
- 2) **How we get Self-Control** – We get self-control by recognizing what our over-mastering desire needs to be, which according to Paul is sharing in the blessings of the gospel, both by receiving it, but also by bringing it and passing it on to others. And we'll get that when we
a) saturate ourselves in Scripture like Jesus
b) immerse ourselves in a community who will lovingly speak truth into our lives
c) undergo tests, because no one grows in self-control unless they're tested.
- 3) **How Self-Control Grows** – Our self-control will grow when we look to Jesus who ran the race before us and for us, and endured the cross for the joy set before him (Hebrews 12:2). We'll grow in our self-control when we consider that Jesus joy was us, and being able to live an eternity with us.

2. Connecting Questions: (Interactive, life sharing, thought & feeling type stuff)

- **When you think of self-control what do you think of... or maybe better where do you think you need it? Think together about some less obvious places where you could grow in this virtue?**

- **Who is the most self-controlled person you know? What in your mind makes that person self-controlled?**

- If you did an audit of your life right now, what would you say is the desire or passion that controls or orders all your other desires?
- What from today's message was most helpful for you?

3. Truth Questions: (What does the Bible say?)

- Read Galatians 5:22-23 together. Many scholars say that in many of the lists that Paul makes throughout his writings (list of sins or of virtues) the first, and last in the list are often the most important. The first is often the source and the last is often the culmination. If that's the case self-control is the culmination of all the other virtues that come before it. In your opinion is that true here? Why or why not? Even if it's not, how important is Self-Control for the Christian Life? Why could it be important?

4. Formation Questions: (Taking it further, How does the Truth change the way I live?)

- What will you do to lean into the virtue of self-control week? What actions will you take to drive the self-control that Jesus displayed on the cross more into your life?
- How will the adding self-control to your faith effect your prayer and devotional life this week?

5. Resources for Further Study:

1. Buchanan, Mark. *Hidden in Plain Sight: The Secret of More*. Thomas Nelson: Nashville, TN 2007

