Icebreaker: A lack of self-control shows itself by indulging in guilty pleasures. What is a funny guilty pleasure you have (such as binging on a favorite food or TV show)?

Read 2 Peter 1:1-8 and Discuss:

1. Discuss your understanding of what self-control is or is not.
2. Below is a list of the character qualities found in 2 Peter 1:5-7. Brainstorm with your group some practical ways you can increase these qualities in your life.

Faith  
Goodness  
Knowledge  
Self-Control  
Endurance  
Godliness  
Mutual Affection  
Love

3. How might self-control (and the other qualities listed above) benefit us in being a good example or witness for Jesus to our families, neighbors, friends, and co-workers?

Activity: Practice Accountability - Break into groups of two. Pick one area of your life where you’d like to see growth and share with your partner. What practical steps will you take during this week to grow? Have that person hold you accountable this week to practice what you need in order to grow.

4. As Christians we need to celebrate when we take positive steps in our faith journey. Have you experienced steps of spiritual growth or development recently that you can share with your group so that they can celebrate with you?

Prayer

Share your prayer requests with one another and also remember those from our church family:

> Prayers of healing for Kim Cochrane and Madison McKinnon.
> Prayers of comfort for Pam and Jim Merton and Christie Vitiello and their families in the death of Pam’s mother and Christie’s grandmother.