

NOV 6, 2022

**SELF-CONTROL**  
2 Peter 1:3-11

*If you want a faith that is vibrant and fruitful, then-*  
**“Make every effort to add to your faith... self-control”**  
2 Peter 1:5 (NIV)

**A progression of self-control:**

1. “\_\_\_\_\_ that!”
  - a. This is how most of us were \_\_\_\_\_.
  - b. This is what most of us \_\_\_\_\_.  
*(Pause: This isn't to dismiss the significance of self-restraint.)*
2. “\_\_\_\_\_ that?”
  - a. This is how most of us learn to \_\_\_\_\_ others.
  - b. This is what most of us learn to \_\_\_\_\_ about ourselves. Rom. 7:14-25  
*(Pause: This isn't to dismiss the significance of pursuing consistency.)*
3. Start accepting what is uncomfortable in an effort to learn a new way forward.
  - a. We can miss that the Bible preserves uncomfortable \_\_\_\_\_ about \_\_\_\_\_  
\_\_\_\_\_. Ps. 139 vs. Ps. 51 (cf. 2 Sam. 12); 1 Kings 11; Eccl. 7:15-18, 23-26; Jer. 17:1-17; 2 Cor. 10-12:11
  - b. We can move from being stuck by confessing what's \_\_\_\_\_ about us. Rom. 7-8; Jn. 8:31-28

**We can make every effort to remember:**

1. **Self-control** is a humbling conviction because we're acknowledging that \_\_\_\_\_ are \_\_\_\_\_  
\_\_\_\_\_.
2. **Self-control** is a shift from feeling \_\_\_\_\_  
\_\_\_\_\_ because we seek to steward \_\_\_\_\_  
\_\_\_\_\_. John 14-16; Gal. 5:1-26
3. **Self-control** is rewarding because it encourages us to  
\_\_\_\_\_. 2 Pet. 1:6

**TALK IT OVER**

Talking through the message during the week can really help clarify the things that God is teaching you and let others learn from your experiences. Get with someone this week and talk about your answers to the following questions:

**Big Picture**

What stood out most in the message to you regarding something that you learned, challenged you, or that you disagreed with?

**Dig In**

Read 2 Corinthians 10-12. In what ways do you see Paul's struggles with self-control and his ways of justifying his behavior? Now, read Romans 7-8. Why do you think he is able to write with as much passion and conviction as he does? What most sticks out to you?

*Want a deeper dive? Ask a group of friends to read Ecclesiastes with you and pick periodic times to discuss what you're reading, thinking, wondering about, and learning in light of what you've experienced as a human and how you see and experience the Holy Spirit changing you?*

**Teacher's Pick**

Share with the group about how you've come to think about self-control. In what ways does self-control become more than just saying “no”? Why do you think it is placed in the list after knowledge and before endurance?

**Putting It Into Practice**

This is a short journaling exercise. Begin by setting a 10-minute timer. Spend some time thinking about something you've often expressed that you've wanted to change (i.e., how you devote your time). List out some ways that you see Christ inviting you to think about self-control and stewardship differently. Out of that list, pick one to focus on, but don't immediately share about it with others in your life as if you've made some major decision or goal. Instead, write out a simple prayer. Some ideas: communicate with God how you believe this change is for your good, how it would be for the good of those around you, how you can imagine it becoming different, and little ways that you can envision stewarding that purpose.

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*If you want a faith that is vibrant and fruitful, then-*  
“Make every effort to add to your faith... **self-control**”  
2 Peter 1:5 (NIV)

**A progression of self-control:**

1. “STOP that!”
  - a. This is how most of us were **RAISED**.
  - b. This is what most of us **REPEAT**.  
*(Pause: This isn't to dismiss the significance of self-restraint.)*
2. “SEE that?”
  - a. This is how most of us learn to **CRITIQUE** others.
  - b. This is what most of us learn to **CONCEAL** about ourselves. Rom. 7:14-25  
*(Pause: This isn't to dismiss the significance of pursuing consistency.)*
3. Start accepting what is uncomfortable in an effort to learn a new way forward.
  - a. We can miss that the Bible preserves uncomfortable **TRUTH** about **REAL HUMANS**. Ps. 139 vs. Ps. 51 (cf. 2 Sam. 12); 1 Kings 11; Eccl. 7:15-18, 23-26; Jer. 17:1-17; 2 Cor. 10-12:11
  - b. We can move from being stuck by confessing what's **ALSO TRUE** about us. Rom. 7-8; Jn. 8:31-28

**We can make every effort to remember:**

1. **Self-control** is a humbling conviction because we're acknowledging that **OTHERS** are **FREE TO CHOOSE**.
2. **Self-control** is a shift from feeling **EXTERNAL PRESSURE** because we seek to steward **INTERNAL PURPOSE**. John 14-16; Gal. 5:1-26
3. **Self-control** is rewarding because it encourages us to **KEEP GOING**. 2 Pet. 1:6

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