

## Wisdom of the Bible ~ Self-Control ~ Discussion Questions

1. How does the Bible speak of self-control as a Christian trait in a positive way? (1 Timothy 3:2, Titus 2:2, 5-6, 11-12)
2. What does Peter say follows from self-control? (2 Peter 1:5-8) Is Peter qualified to write about this trait?
3. How is the lack of self-control spoken of in the Bible? (Proverbs 25:28, 2 Timothy 3:1-5)
4. Are you born with self-control? Are you taught self-control? (Jeremiah 35:6) What is another way that self-control enters your life? (Galatians 5:5, 16, 22-23)
5. The Bible tells us many reasons to have self-control. What are some of them?
  - A) \_\_\_\_\_ (Proverbs 16:32, 29:11)
  - B) \_\_\_\_\_ (1 Cor 7:3-5, 1 Thess 4:3-4)
  - C) \_\_\_\_\_ (1 Thess 5:6-8)
  - D) \_\_\_\_\_ (1 Peter 4:7)
  - E) \_\_\_\_\_ (1 Peter 5:8-9)
  - F) \_\_\_\_\_ (Psalm 39:1-2)
6. With which one or two of these six reasons for having self-control do you have the most trouble? Why? Has this changed over time?
7. Is self-control generally easy or difficult for you? (James 3:2)
8. If you realize that you are going to be in a situation that requires self-control, do you try to prepare yourself ahead of time? How? Do you try to avoid the situation?
9. Do you think that God realizes that self-control might be difficult for us? Is he willing to help us in this area? What do we have to do to gain his aid? (1 Cor 10:13b, James 4:7-8a)

## Wisdom of the Bible ~ Self-Control ~ For Groups of 3 or 4

1. Do you think self-control is easier for men or women? Why?
2. What has been the biggest test of your self control? Did you pass or fail?
3. Some criminal psychologists say that self-control is the single most important factor in explaining why people turn to crime. Do you agree? Others say that self-control is just one factor and race, gender, socioeconomic status, family, location, and opportunity also play major roles in determining if people commit crimes. Your thoughts.
4. Assuming the teaching of self-control is a good thing, is it best for that teaching to be done in the home? In school? In church? Elsewhere?
5. Procrastination (putting things off) is one aspect of self-control that we all seem to do at one time or other. Is this as important as the other reasons for self-control (control anger, sexual sin, resist Satan, control your tongue, help pray)?
6. Take this short 10-question (yes/no) self-evaluation test on self-control.
  1. During a church service, at the movies, or during a Bible study, do you often talk to your neighbors?
  2. If someone makes you angry, do you strike back, either physically or verbally?
  3. When you are standing in a line, do you get very impatient and even push against the person ahead of you?
  4. Do you rely on others to remind you of things you need to do, getting someplace on time, what clothes to wear etc.?
  5. Do you frequently start things with good intentions and then not finish them?
  6. If you know that you should not consume a certain food or drink that you like a lot, do you have it anyway?
  7. Have you tried to break some bad habits and not been successful?
  8. Are you often late for appointments?
  9. Do you find it difficult to stop doing something you enjoy and turn to a distasteful task you need to do?
  10. Do you feel yourself fearful of or stressed by small unimportant things or happenings?

If you answered yes to more than 3 questions, you may need to examine ways of improving your self-control.
7. Do you feel that frustration (with traffic, computer, other people, etc.) is often a primary cause of your losing control? What can you do about this?