



## The Way of Self-Control

*A person without self-control  
is like a city with broken-down walls.*

Proverbs 25:28 (NLT)

**1. Self-control is a \_\_\_\_\_.**

*“You have heard that it was said to the people long ago, ‘You shall not murder, and anyone who murders will be subject to judgment.’ But I tell you that anyone who is angry with a brother or sister, will be subject to judgment. Again, anyone who says to a brother or sister, ‘Raca,’ is answerable to the court. And anyone who says, ‘You fool!’ will be in danger of the fire of hell.”*

Matthew 5:21-22 (NIV)

*Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.*

Ephesians 4:31-32 (NLT)

*But now make sure you shed such things: anger, rage, spite, slander, and abusive language.*

Colossians 3:8 (VOICE)

**2. Self-control \_\_\_\_\_.**

*When you are angry, don’t let it carry you into sin. Don’t let the sun set with anger in your heart or give the devil room to work.*

Ephesians 4:26-27 (VOICE)

**3. Self-control limits \_\_\_\_\_.**

*...we take captive every thought to make it obedient to Christ.*

2 Corinthians 10:5 (NIV)

*My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.*

James 1:19-20 (NIV)

*Fools give full vent to their rage,  
but the wise bring calm in the end.*

Proverbs 29:11 (NIV)

*Do not be quickly provoked in your spirit,  
for anger resides in the lap of fools.*

Ecclesiastes 7:9 (NIV)

#### **4. Self-control is \_\_\_\_\_.**

*But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!*

Galatians 5:22-23 (NLT)

*For God is working in you, giving you the desire and the power to do what pleases him.*

Philippians 2:13 (NLT)

### **Discussion Questions**

1. How has your relationship with self control been over the span of your life? What has helped you be able to grow in self control, and what has caused you to lose it?
2. What is your relationship to anger? Are there any narratives around anger you would like God to help you with?
3. If you were to evaluate your thought life, can you see how the fruits of the spirit might change your patterns? What might happen if you slowed down your normal response and invited in self-control?

### **Recommended Resources**

- *Unoffendable*, by Brant Hansen
- *Emotionally Healthy Spirituality*, by Peter Scazzero
- *The Deeply Formed Life*, by Rich Villodas

(NIV) New International Version

(NLT) New Living Translation

(VOICE) The Voice

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Proverbs 25:28 (NLT)

### 1. Self-control is a choice.

*“You have heard that it was said to the people long ago, ‘You shall not murder, and anyone who murders will be subject to judgment.’ But I tell you that anyone who is angry with a brother or sister, will be subject to judgment. Again, anyone who says to a brother or sister, ‘Raca,’ is answerable to the court. And anyone who says, ‘You fool!’ will be in danger of the fire of hell.”*

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*But now make sure you shed such things: anger, rage, spite, slander, and abusive language.*

Colossians 3:8 (VOICE)

### 2. Self-control redirects anger.

*When you are angry, don't let it carry you into sin. Don't let the sun set with anger in your heart or give the devil room to work.*

Ephesians 4:26-27 (VOICE)

### 3. Self-control limits my liberty.

*...we take captive every thought to make it obedient to Christ.*

2 Corinthians 10:5 (NIV)

*My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.*

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#### 4. Self-control is heart-healthy.

*But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!*

Galatians 5:22-23 (NLT)

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#### **Discussion Questions**

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