

WELCOME

The Bible often refers to our bodies, as well as the sin we create by our choices, as the “flesh.” Our flesh wants to take care of itself and always be first, no matter the cost to anyone – including, ironically, our own selves. The flesh causes damage, even to the point of self-destruction. In this state, we are separated from God – essentially having no choice but to opt for self. While we can make good choices and do good deeds, we cannot keep our behaviour consistent, simply because of our fleshly nature. But the grace we receive after salvation gives us a new choice. We can now choose either to go our own way or God’s way. We can say no anytime we choose by obeying God. Through Christ, we can practice self-control rather than be out of control.

Key Question: How does God _____ me from addiction and sinful habits?

Key Verse: “ For the grace of God has appeared that offers salvation to all people. It teaches us to say ‘No’ to ungodliness and worldly passions, and to live _____, upright and godly lives in this present age, while we wait for the blessed hope – the appearing of the glory of our great God and Saviour, Jesus Christ” (Titus 2:11-13)

Key Idea: I have the power through _____, to control myself.

(Key Application #1): Self-Control is _____ by the grace of God, not the law.

(Key Application #2): Self-Control is empowered through _____ - _____.

(Key Application #3): Self- Control is helped along through loving _____.

GETTING STARTED

Begin your discussion by reciting the key verse and key idea together as a group. On your first attempt, use your notes if you need help. On your second attempt, try to state them completely from memory.

KEY VERSE: “Key Verse: “For the grace of God has appeared that offers salvation to all people. It teaches us to say ‘No’ to ungodliness and worldly passions, and to live self- controlled, upright, and godly lives in this present age, while we wait for the blessed hope – the appearing of the glory of our great God and Saviour, Jesus Christ” (Titus 2:11-13)

KEY IDEA: I have the power through Christ to control myself.

GROUP DISCUSSION

As a group, discuss your thoughts and feelings about the following declarations. Which statements are easy to declare with certainty? Which are more challenging? Why?

- I am not addicted to any substances – whether food, caffeine, tobacco, alcohol, or chemicals.
- I do not burst out in anger towards others.
- I do not have sexual relationships that are contrary to biblical teaching.
- I control my tongue.

1. When is it most difficult to maintain self-control?

2. Who is someone who amazes you with his or her ability to maintain self-control?

3. Christians often “try harder” to resist sin, but ultimately fail. What is a better way to combat our sinful urges ?

4. What role can biblical community play in building self-control in your life?

Read Titus 2:1-15

1. in what way is grace more effective motivator to resist sin than fear? Can you think of some real-life examples?

2. What worldly passions do you have a hard time saying no to?

3. How can focusing on the return of Christ expand your ability to be self- controlled?

CASE STUDY:

Use the following case study as a model for a real-life situation where you might put this week’s key idea into practice.

Molly is one of those people who seems to know everyone. A social butterfly, she is the life of the party where ever she goes. You really enjoy spending time with her, but there are always moments with her that make you feel uncomfortable. Because of her vast array of friends, she knows the juiciest gossip and loves to share it. Although you know its wrong, you cant help but get sucked into the conversation. Before you know it you are openly discussing your coworkers’ and friends darkest moments.

Use the following key applications from this session, discuss what you could do to avoid making this mistake again.

Key Application #1: Self-Control is motivated by the grace of God, not the law.

Key Application #2: Self-Control is empowered through God-Control.

Key Application #3: Self-Control is helped along through loving accountability.

CLOSING PRAYER:

Close your time together with prayer. Share your prayer requests with one another. Ask God to help you put this week's key idea into practice.

Scripture Verses used in video

Titus 2:11-13

Luke 15:11-16

Luke 15:17

Luke 15:20

Luke 15:22-24

Romans 7:5

Romans 8:3

Romans 6:15-17