

Date: May 7, 2017

Sermon Title: The Boundary of Self-Control

Speaker: Richard Smith

Scripture text(s): Galatians 5: 22-23

- 1) Who or what do I live for?
- 2) How often do I yield to the impulses of my mind and body?
- 3) How much self-control do I actually exercise in my life?
- 4) Do I fight back in spiritual warfare or do I just give in and give up?
- 5) Do I want self-control bad enough to fight for it?
- 6) Richard used Ed Welch's definition of self-control--"the skill of living a thoughtful careful life in which we do what is right despite our desires." What challenges does this bring to mind as you think about implementing this in your life?
- 7) Richard defined self-control as "a refusal to be owned by sinful desires." Discuss some ways you have lived this out and some ways you have been blind-sided by sinful desires.
- 8) Richard said the opposite of self-control is "recklessly yielding to the impulses of your mind and body." Discuss examples of this that you have seen in your life, friends and family, and others and how it affected their life and the lives of people around them.
- 9) What are some practical ways that you have set boundaries in your life? How do these boundaries protect you and others?
- 10) What are some ways the Lord is sanctifying you in the area of self-control?
- 11) Richard asked this question--"When was the last time you said no to something out of obedience?"
- 12) Richard closed the sermon with 7 steps to having self-control:
 - 1) Never assume the battle will be lost.
 - 2) Read the Bible continually.
 - 3) Don't feed your body's temptations or desires.
 - 4) Think wisely.

5) Have hard talks with yourself.

6) Live Coram Deo.

7) Don't let failure be final.

Which of these seven steps encourages you the most and which challenges the most? Discuss ways you may have already implemented any of these in your life and how it has brought you to a new understanding of who God is and how His power works in you.