



SPIRITUAL GROWTH REVIEW

The Fruit of the Spirit Is...



THE SECRETS OF BEING FRUITFUL

Memory Verse for this week: *“Since an overseer manages God’s household, he must be blameless— not overbearing, not quick-tempered, not given to drunkenness, not violent, not pursuing dishonest gain. Rather, he must be hospitable, one who loves what is good, who is self-controlled, upright, holy and disciplined.”* Titus 1:7-8

1. How was your week? Was there anything that happened that we would want to celebrate or pray for with you?
2. How does self-control as a Fruit of the Spirit enable us to obey Christ?
3. Read **Proverbs 25:28**. What does this Proverb tell us about self-control?
4. Consider **2 Timothy 3:1-5** and what it says about the behavior of those who are outside of the Church and how lacking self-control enables sin. Is self-control something that the world tends to be concerned with?
5. Self-control can often feel like an uphill battle when we are gritting our teeth and attempting to obey God through bending our own will. Why is it so hard to change our own desire and obey God on our own?
6. Clearly self-control is required for us to adequately defend against temptation when it arises, but what about self-control enables us to be effective in our Christian witness? Read **2 Peter 1:5-8** and then ask: how can our self-control make us more or less effective in our faith, depending on how much we exercise it?

7. What other Fruits of the Spirit does self-control require? What other fruits could self-control help us to show?

8. Read **Proverbs 16:32**. Consider how you value self-control. Is acting in accordance with God's word and the faith we profess highly valuable to you?

9. Read **1 Peter 5:8**. Knowing that our adversary seeks opportunities to drag us away shouldn't scare us, but it should fill us with a certain healthy concern. This concern should drive us to strengthen our hearts and minds and remain spiritually alert. How can self-control help us be alert?

10. How can we know what areas of our lives we are lacking in self-control?

11. What are some lies about self-control our culture tends to believe?

12. Consider what areas don't require much self-control. Are there places in your Christian walk that God has already strengthened you in?

13. How can self-control help us share the Gospel with those around us?

14. What are some practical ways you can begin exercising self-control this next week?

For this week: Ask God to aid you in being alert to temptation and for the eyes to see how you might be succumbing to temptation in subtle ways. Self-control is about more than just overcoming temptations in the moment but a lifestyle of resisting temptation at every level!