



Home Guide

Good Fruit Week 4

Beginning Prayer

Start your group by asking God and His spirit to move in your time together. While God is always with us, something special happens when we communally ask Him to move in our time with others. Pray and ask God and His Spirit to move in your hearts and your minds as a group.

This Week's Topic: Self-Control

This week we continued in our series Good Fruit. While the fruit of the spirit is a singular fruit, there are many aspects of that fruit that we can look at and discuss. This week we are discussing self-control. Everyone's favorite topic! While self-control isn't something we see a lot of in our own society, it is something that is heavily discussed in Scripture. Below are a few passages that give us a glimpse into the importance of self-control.

"Like a city whose walls are broken through is a person who lacks self-control."

Proverbs 25:28

"Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God. Therefore put away all filthiness and rampant wickedness and receive with meekness the implanted word, which is able to save your souls."

James 1:19-21

The Greek word for self-control is rooted in Kratos meaning power. The Biblical idea of self-control is having power over something. In our case, power over our own bodies and sin rather than sin having power over us. When we do not exercise self-control, we end up like Proverbs 25:28 describes above, defenseless. We open ourselves up to attack and harm. James 1 gives us a picture of how to apply self-control relationally in our lives. To exercise self-control in a big way is to be slow to speak. Slow to anger. Quick to listen. Ever been in an argument and found yourself flying off the handle? I know I have. In those moments Scripture teaches us to hold power over ourselves, rather than ourselves having power over us. In this we are able to love others well, build strong relationships and be more like Christ to the people around us. That is the importance of self-control, making ourselves more like Christ with every action.

Discussion Questions

While the fruit of the Spirit is ultimately produced from our relationship with Jesus, a reflection of our own lives and actions can show us areas we are strong in or lacking. Take a moment to reflect on the moments you have seen God be faithful in your life.

1. How have you seen a lack of self-control harm you or others around you?
2. Do you think you are self-controlled overall?
3. Where do you think you may need God's help in self-control in your own life?



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Ending Prayer

Finish your time together with prayer. Pray for your group, pray for our community, pray for our church. Whatever it be, just pray. We believe that prayer ignites movement, and that community should be rooted and surrounded in prayer.