



# Get Out of Your Way

## Part 1 - How to Self-Control Myself

### Discussion Guide

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Sometimes it feels like we just can't get ahead. It seems we take one step forward and two steps back: in our jobs, our families, and our faith. We cannot put our finger on it, but it just feels like there is this ceiling preventing us from reaching the places we want to go. What if that ceiling was actually us? So often, it is our own actions, decisions, and thoughts that hold us back. In this series, we will look at how to get out of our own way. We start with the importance of self-control.

#### ***Jump Start***

*Leader: This section is designed to get discussions started, examine God's truth, and apply it to our week.*

1. What diet-breaking food can you simply not resist?
2. **Read [Proverbs 25:28](#)**. Why does the author compare self-control to a city without walls? How would you define self-control?
3. **Read [2 Timothy 1:7](#) and [Hebrews 12:1-2](#)**. If God has given us a spirit of self-control and love, why do we sometimes still operate out of fear and selfishness? With these passages in mind, when we find ourselves acting out of fear, what are we really doing? How can you develop self-control?
4. **Read [1 Corinthians 10:13](#) and [Galatians 5:22-25](#)**. What promise does God give us when we are faced with temptation? What walls are you building to protect yourself from temptations? Share a time you were faced with a temptation and how God fulfilled His promise when you turned to Him. What walls are you building to protect yourself from temptations?
5. Final Thought: **Read [Luke 9:23](#) and [1 Corinthians 9:25](#)**. Why is it so hard for us to deny ourselves, and why does it become essential to following Jesus? How have you seen the benefits of self-control? What is one thing you need to do to practice self-control moving forward?

### ***Deeper***

*Leader: This section is designed for further use in your Life Group or for personal study. These can also be used as discussion points and ways to stay connected with your group throughout the week.*

6. **Read [Matthew 4:1-4](#)**. What does verse 1 teach us about temptation and God's role in it? How did Jesus combat temptation? Is temptation itself a sin?
  
7. **Read [James 1:12-17](#)**. Why is it important to know that temptations come from our own desires, and how can this change how we view our temptations? What does James mean when he tells us to endure our temptations, and why is it important to do so? If our temptation comes from our desires, how can our temptations "fade" (or begin to lessen)? Have you ever experienced a "fading" temptation?
  
8. **Read [Ephesians 6:10-17](#)**. Which piece of the armor of God do you feel you have appropriated and are using to deal with temptation? What piece of armor are you missing right now?
  
9. **Read [1 Thessalonians 2:4](#) and skim through some of the scriptures [here](#)**. What is the difference between testing and tempting? Why does God need to test us? Have you asked God to truly search your heart, examine, and test you? Why is that so powerful?