

# TAKE CONTROL

## WEEK ONE: POWER

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In Take Control, we get practical about discipline, self-control and wise living. As we study the book of Proverbs, remember that it is simply a journal of the truths learned by “the wisest man in the world.” Then we’ll study New Testament scriptures to see how we are empowered to Take Control with the help of God’s Holy Spirit. Let’s start this series off asking, “Why do we need self-control and how do we get it?”

### Where Am I Today?

- 1) The Apostle Paul says in Romans 7:15 & 19: “I do not understand what I do. For what I want to do I do not do, but what I hate I do...For what I do is not the good I want to do; no, the evil I do not want to do—this I keep on doing.” We all have areas of our lives where we feel powerless. When you think of an area of your life where you need self-control, is it an area where you consistently over-do, typically don’t do enough, or an occasional flaw that hits you unexpectedly? Be willing to share just that much of a clue with your group!

### Into the Bible

- 2) Denial comes naturally to the human experience. “We come from a long line of runners”—like Adam, Jacob, Jonah, and Peter—so we must face our failures and sin. The first step in self-control is seeing yourself and your sin as God sees it. What do the passages below tell you about God, the Bible, and truth?

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- a. Hebrews 4:12-13
  - b. James 1:22-24
  - c. Proverbs 24:12
- 3) The power to change comes from the Holy Spirit. Briefly list some of the ways He helps us gain self-control, as revealed in the scriptures below:
- a. John 14:16-17, 26
  - b. Ephesians 3:16-19
  - c. 2 Peter 1:3-4

## How Does This Apply?

- 4) Read Hebrews 12:14, 2 Peter 1:5-7 and 2 Peter 3:14. The power comes from God, but what does He ask of me?
- 5) In just one area of your life, jot down what God is saying is your "next step." Be willing to share if you can. Note: Remember that sharing with trusted friends helps you stay accountable and gain self-control.

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- 6) Does knowing God's perspective and His desire for us to develop self-control actually help us to do so? Is overcoming sin or self-centered action enhanced by understanding God's perspective rather than our personal, slightly "me-focused" goals?

## Digging Deeper: Going Further on Your Own

- 7) If the Spirit of God is on our side, possibly even "in control" of us (Romans 8:9), and self-control is part of the fruit of the Spirit, why isn't there instantaneous change? Where does our responsibility collide with God's power working in our lives so that we can "by the Spirit ... put to death the misdeeds of the body" (Romans 8:13)? What does it look like to live by the power of the Holy Spirit, and what is our responsibility?

Romans 8:12-15

Colossians 2:18-23

Galatians 2:19-21

Romans 13:12-14

Galatians 5:1

Galatians 5:22-25