



Small Group Study, week commencing 10th October 2022

For starters

A little quiz to get you into the theme of this session.

1. *A driver cuts in front of you. Do you*

- (a) Calmly accept that there are such people on the roads;
- (b) Inwardly seethe and mutter under your breath;
- (c) Let out a suitable Christian exclamation of annoyance?

2. *You make a commitment at the start of the year to walk for 30 minutes a day. You have just got home and are tired, but your walk is calling you... Do you*

- (a) Go for your walk, even though you don't want to;
- (b) Go for a 10-minute walk around the block? ("Better than nothing");
- (c) Tell yourself you will definitely walk for 30 minutes tomorrow?

3. *The retail item you have been tracking on the Internet has just been reduced, but it is selling like hot cakes. You promised your partner that you wouldn't buy it without their agreement. Do you*

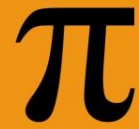
- (a) Wait until your partner is home;
- (b) Add it to your basket and wait at your computer for your partner's arrival;
- (c) Buy it and apologise later?

4. *You sign up for a 180-hour distance learning course in a subject that really excites you. It is recommended that you spread the study over 18 months. Do you*

- (a) Pace yourself at a steady 2-3 hours per week;
- (b) Tell yourself, "There's plenty of time", and end up working crazy hours at the end of the course;
- (c) Work enthusiastically for 10 hours per week for several months, and then peter out over the following months?

5. *You are offered a second biscuit* at the end of your small group meeting. Do you*

- (a) Decline. "A moment on the lips ...";
- (b) Accept with reluctance. "Oh go on then, just one more ...";
- (c) Accept without hesitation?



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* Or cup of tea, piece of cake, or piece of fruit. If you get none of these at your small group, ask for a refund!

Introduction

Peter continues to build up his equation for a fruitful Christian life, i.e.

faith + goodness + knowledge + self-control + perseverance + godliness + mutual affection + love (verses 5-7) = effective and productive knowledge of our Lord Jesus Christ (verse 8)

In this study we take a closer look at **self-control**.

Read

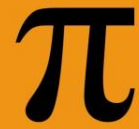
[2 Peter 1:1-12](#). It is worth reading the full passage before each of the studies in this series.

Study

1. How positively do you regard the attribute of self-control? Do you look up to people with self-control, or do you feel they should lighten up a little?
2. “Like a city whose walls are broken through is a person who lacks self-control” (Proverbs 25:28). What images does this proverb conjure up for you? Where have you witnessed the adverse effects of a lack of self-control?
3. Why are some people more self-controlled than others? Is it down to nurture, nature, childhood choices?
4. Look up the following verses:
 - Galatians 5:22-23
 - 2 Timothy 1:7
 - Titus 2:11-14
 - James 1:19
 - 1 Peter 4:7

Self-control

2 Peter 1:6



Holy
Maths

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Self-control appears to be both the Spirit's work and ours. How can this be?

5. A loss of self-control can be a reaction to internal or external triggers. For example, a feeling of hunger (internal trigger) could precede you blowing your diet; an offensive remark (external trigger) could precede an angry response on your part. To what triggers are you particularly vulnerable?

6. Read 1 Corinthians 9:24-27. Consider some of the *themes* that occur in this passage (e.g. focus, training, strictness, purpose, reward) and some of the *areas* where perhaps you struggle with self-control (e.g. food, anger, time management, spending). How are the themes relevant to your personal challenges?

7. Read 1 Corinthians 10:13. What help is there? What is your personal experience of this help?

Prayer

Turn some of your thoughts and testimonies into prayer for each other.