



## **PART NINE: SELF-CONTROL**

*Connect Group Discussion Guide  
Sunday, September 21, 2025*



**RESTORATION**LIFE  
CHURCH

# SELF-CONTROL

*Galatians 5:19–25; Philippians 2:3–4; 2 Timothy 1:7;  
Proverbs 6:32, 21:20, 29:22, 23:4, 23:29–35, 25:28*

## ICE BREAKER

What was your nickname growing up, or now?

## GOING DEEPER

- 1) Read Galatians 5:19-25. What are some of the contrasts between the unbeliever and the follower of Jesus?
- 2) Read Proverbs 25:28. What does this verse say about the importance of self-control and the consequences of lacking self-control?
- 3) Why is it so important for parents to help their children learn self-control at an early age? What happens if children don't learn self-control?
- 4) "Pay now; play later. Play now; pay later." What does this statement communicate? How have you seen its truth play out in your own life?
- 5) Why is it important to begin developing self-control strategically (i.e., tackling the most troubling issues in our lives first and dealing with them one at a time)? Could a person become discouraged if they try to address every area of their life where they need self-control at the same time?
- 6) Pastor Dave said self-controlled people accept responsibility for who they are, for what they can do, and for what they've been given. Which of these areas are the most difficult for you? What do you need to do to grow?
- 7) Self-controlled people welcome accountability. What does it mean to be accountable and how does one make himself/herself accountable?
- 8) Self-controlled people develop integrity. What is integrity and why is integrity so important for the believer as they interact with the world?

## GOD'S TRUTH TO REMEMBER

**Galatians 5:22-23 (NIV)** - But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

## THOUGHT FOR THIS WEEK

To grow in self-control, start with yourself, start early, start small, start strategically, and start now. As you grow in self-control, you will take responsibility for who you are, what you can do, and what has been given to you. You will also welcome accountability and develop integrity.

## PRAYER REQUESTS

(List prayer requests here so you can pray for them all week long.)

# SERMON NOTES