

19 When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, **20** idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, **21** envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God.

22 But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, **23** gentleness, and self-control. There is no law against these things!

24 Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there. **25** Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives. **26** Let us not become conceited, or provoke one another, or be jealous of one another.

— *Galatians 5:19-26*

Discussion/Journal Questions

In what areas of your life do you struggle with self-control? What makes these areas more difficult than others?

Have two or three people read Galatians 5:19-26 out loud slowly. After a some time of reflection, ask each other what words, phrases, or ideas stand out to everyone. What questions come to mind as you meditate on this scripture?

As you consider the works of the flesh in verses 19-21, which of these can tied to a lack of self-control? How have you seen these play out in your life or the lives of people you know?

In the sermon, Sam said that self-control is a mark of maturity. Do you agree or disagree?

One way to grow in self-control is to practice fasting. How does forsaking food help us to say no to other temptations?

Is there a stronghold or issue in your life that you need to gain control over? What kind of plan do you need to develop?

When and where do you struggle with this issue?

Who enables or triggers the temptation?

What habits do you need to develop to replace old ones?

How can your group help you fight this battle?