

LIFE GROUP DISCUSSION

WEEK: NOVEMBER 15-21, 2025

SERIES INFO

Rotten: In a world of fake smiles, quick tempers, and shallow love, we're all producing something. Every word, every choice, every action plants something in someone's heart—either life-giving or toxic. But the Spirit grows something different: love when hate comes easy, joy when life feels heavy, peace in the chaos, patience when you're pushed, kindness in a cruel world, goodness when nobody's watching, faithfulness when others walk away, gentleness in a culture that shouts, and self-control when everything says give in. That's not surface-level. That's transformation. And it might be the very thing that marks the difference between being ruled by the mess around you and being fueled by something greater.

PERSONAL FUN FACTS

As you begin to dive into this final study on the Fruit of the Spirit, think about those “lighter/smaller” things in your life over which you often find yourself in a tug-of-war struggle. You know you shouldn't ... but it is difficult to resist. Come on ... we all have moments when self-control feels like a battle. What's your inner tug-of-war? (Again, keep this lighter—maybe it is binge watching television into the wee hours of the morning or drinking too much caffeine late into your day).

TAKEAWAYS

What were the greatest “takeaways” you had from the message this week about the Holy Spirit producing the fruit of self-control within you?

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DISCUSSION

Self-Control: Who is on the Throne?

Scripture: Galatians 2:20, Luke 9:23

Self-control is not just about behavior management but about surrendering lordship of your life. True self-control is Christ-control—surrendering the ruling center of your life to Jesus rather than being ruled by your impulses, desires, and emotions. Look at the picture below. It's called *The Formation Field** model of your life. Yes, it looks like a baseball field with a pitcher's mound. Who is on that pitcher's mound? What happens when, out of your own impulses and desire for freedom to take charge of your own life, you replace God at the center and put yourself on that pitcher's mound? Most of us would agree that chaos is the result. To allow the Holy Spirit to develop the fruit of self-control in us, we must relinquish self in control. Let's examine that for a moment.

*Adrian van Kaam, Formation Field Model



- The Christian life is a transfer of control from self to Savior. What implications and assumptions can be made from the graphic of the Formation Field above as it relates to the fruit of the Spirit of self-control? In other words, how might the fruit of self-control increase in our lives when we “step off the pitcher’s mound?”
- Where do you feel tempted to “climb on to the pitcher’s mound” (altar/center) of your life? What keeps Jesus at the center?

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DISCUSSION CONTINUED

Self-Control Protects Us

Scripture: Titus 2:11-14

A life without self-control can leave us vulnerable. It is God's grace that teaches us to say, "No," to temptation and to live like God wants us to while we wait for Christ to come again. True self-control is the result of God's grace training us to live under Christ's rule, and not our own inclinations. Self-control is evidence that our affections have shifted—from loving the world's passions to loving Christ's holiness.

- What do you see as the difference between willpower and Spirit-led self-control?
- How would you explain the connection between self-control and grace?
- How have you seen God reshape your desires since following Jesus?

Self-Control Illustrates Our Loyalty

Scripture: 2 Corinthians 5:14-15

As we learned this week from the message, self-control isn't about killing desire—it is the presence of a stronger loyalty. When our loyalty to Jesus is stronger than any competing passion, self-control becomes an act of worship, not mere repression. We are not called to become emotionless or passionless—we are called to let the Spirit reorder our passions. Loyalty to Jesus outshines loyalty to self.

- Explain how your love for Christ makes self-control feel less like an obligation and more like devotion or worship. In other words, how does the love of Christ compel you differently than fear of punishment or desire for approval?
- How can you discern whether your loyalty is drifting from Christ toward something else?

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APPLICATION AND ASSESSMENT

- Take another look at the graphic above. Who is on the pitcher's mound? Who is at the ruling center of your life? Does anything need to change?
- What daily practices help renew your loyalty to Jesus, so it stays stronger than any other competing desires?

PRAYER

Lord Jesus,

You are worthy of our strongest allegiance and loyalty. Thank you that self-control is not the absence of passion, but passion properly placed in You. Teach us to say no to lesser loves because we have said a greater yes to You. Rule our hearts with Your Spirit and let our love for You lead every choice we make.

In Your name we pray. Amen.

UPCOMING EVENTS

Giving Tree

Get your tags from the tree on the wall across from the Welcome Room.

Men's Ministry Breakfast

When: December 6, 8:00 am

Where: Mount Pleasant Greenwood Campus

Rich Nye, Speaker

Christmas Series

Weekends of December 13/14, 20/21

We Remember Service

December 14, 5:00 pm

Christmas Eve Services

December 23, 7:00 pm

December 24, 1:00, 3:00, 5:00, 11:00 pm