



RESTORING LOST VALUES

WEEK 6: SELF-CONTROL — THE WAY TO RIGHTEOUSNESS Talk-it-Over-Notes | August 2-3, 2025

REVIEW IT

Many people think they want to restore lost values, but they have a hard time talking about and working on their self-control. But anything that's uncontrolled eventually will destroy you. The lust of the flesh will take over and lead your life. It could be eating, drinking, TV, overspending—even good things that God created can destroy you if you let them go uncontrolled.

For instance, God has a lot to say about one area of self-control that we all face in one way or another: controlling anger. Anger is not evil in itself. It is not a sin. Even God gets angry. The issue is how you express your anger. So learning how to control anger is an area in which we all can learn and grow.

*Human anger does not produce the righteousness that God desires.
James 1:19 (NIV)*

Spend some time in Scripture: Read through the Bible verses on the sermon outline.

TALK IT OVER

1. Before we go any further, we have to remember that dealing with anger is not just for those who lash out. Anger can be dealt with in many unhealthy ways. We'll say it this way... Self-control is not just for those who blow up; it's also for those who clam up. What is your tendency?
2. "A person without self-control is as defenseless as a city with broken-down walls." Proverbs 25:28 What comes to mind when you see read this verse? How have you seen this be true?
3. Proverbs 29:22 says, "An angry person causes trouble; a person with a quick temper sins a lot." Proverbs 15:18 says, "Hot tempers cause arguments." Proverbs 14:29 says, "A hot temper shows great foolishness." There's always a cost to anger. What have moments of anger cost you?
4. Have you ever been impacted by someone else's anger? What about your parents? How has their anger impacted you and how was that anger flowing from hurt, frustration or fear?

ACT ON IT

This week, read through Psalm chapters 13, 43, 51 and 140. Then, choose one of these chapters as a guide to write your own prayer about self-control before you meet again next week.

PRAY ABOUT IT

Finish by asking how you can pray for one another. And then close in prayer.