

- + Are self-control and boundaries related?

**What is an example of a prayer you might pray to ask God to increase yourself self-control?**

- + Is self-control, more beneficial for us... or for those around us? Consider both sides.
- + Why is self-control important. Why should we not be able to do whatever we want?
- + What are different ways that we can form accountability around being self-controlled (ex: joining a run club to be held accountable for running)?
- + Is self-control easier by ourselves, or in a group?

**GROWTH:**

**JOURNAL PROMPT**

God, help me to live intentionally this fall as I learn more about your Holy Spirit and the attributes of a life rooted in you. Nourish me through my study of your word, community with my small group, and worship in church. Show me clearly the tasks, relationships, and work to which you are calling me. Amen.

**CALLING PROMPT**

God is inviting you to participate in his ministry by answering the unique call on your life. How can you actively respond to scripture and God's presence this week?

**CLOSING PRAYER**

**Let's prepare for the week ahead, shaped by our time together today.**

Gracious God, we trust that you go with us in the week ahead. We are changed each time we gather to learn more about you and your Word. Please give us boldness to proclaim your good news in the coming week and bring us back safely together again in this community. Amen.



**OPENING PRAYER**

Gracious God, help us to feel your presence during our gathering as a community today. As we do life together and learn more of your Word, help us to grow in faith. Help our time to be fruitful and the fellowship within our group to flourish. Thank you for the gift of today and of this small group study. Amen.

**COMMUNITY**

**Time to build relationships: mix + mingle!**

- + What specific point resonated with you from the weekend's sermon?
- + If you couldn't attend, ask others in your group what stood out to them. (Note: Links to both video and audio versions of previous sermons can be found at <https://standrewmethodist.org/worship/sermons/>)
- + Where did you see God's presence in your past weekend?

**VIDEO – WEEK 9: SELF-CONTROL  
WE ENCOURAGE YOU TO TAKE NOTES**

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**SCRIPTURE**

**A great starting place is always in God’s word. This week we are in:**

**MATTHEW 26:17-30**

*17 On the first day of the Festival of Unleavened Bread, the disciples came to Jesus and asked, “Where do you want us to make preparations for you to eat the Passover?” 18 He replied, “Go into the city to a certain man and tell him, ‘The Teacher says: My appointed time is near. I am going to celebrate the Passover with my disciples at your house.’” 19 So the disciples did as Jesus had directed them and prepared the Passover. 20 When evening came, Jesus was reclining at the table with the Twelve. 21 And while they were eating, he said, “Truly I tell you, one of you will betray me.” 22 They were very sad and began to say to him one after the other, “Surely you don’t mean me, Lord?”*

*23 Jesus replied, “The one who has dipped his hand into the bowl with me will betray me. 24 The Son of Man will go just as it is written about him. But woe to that man who betrays the Son of Man! It would be better for him if he had not been born.”*

*25 Then Judas, the one who would betray him, said, “Surely you don’t mean me, Rabbi?” Jesus answered, “You have said so.”*

*26 While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, “Take and eat; this is my body.” 27 Then he took a cup, and when he had given thanks, he gave it to them, saying, “Drink from it, all of you. 28 This is my blood of the[a] covenant, which is poured out for many for the forgiveness of sins. 29 I tell you, I will not drink from this fruit of the vine from now on until that day when I drink it new with you in my Father’s kingdom.” 30 When they had sung a hymn, they went out to the Mount of Olives.*

**JAMES 1:19-20**

*“19 My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, 20 because human anger does not produce the righteousness that God desires.*

**SITUATION**

How can we embrace better boundaries and self-discipline? The final variety of the fruit of the spirit is self-control. We Christians are called to grow in our self-control with the relationships, things, places, and accomplishments that we consume our attention. How are we bringing God into these areas of our life? We are tempted to choose to go our own way, indulge in excess, or satisfy our desires. But as apprentices of Christ, we are to recall the moderation, self-control, and respect for boundaries that Jesus modeled. Living in Christ’s way may seem limiting at first glance, but in fact it is more freeing than any plans we could craft ourselves or adopt from the world. As with all nine varieties of the fruit of the spirit, we can experience true satisfaction, realized hope, and boundless joy when we embrace God’s way of life for and with us.

**QUESTIONS:**

**The story of Jesus and Judas is a great example of Jesus’ maturity and self-control.**

- + What did you notice about the way Jesus includes Judas at the last supper?
- + How does Judas lack self-control in the passion week?
- + How are Judas and Jesus’ level of self-control contradicting?
- + Name a few other instances in scripture when you remember Jesus exhibiting self-control?

**How does the Spirit teach us self-control and how can we embrace this in our daily decisions and work rhythms?**

- + What is an example of when self-control has been easy? Is this more common or rare?
- + What would the world look like if we were all had more self-control?