

# L I F E I N T H E S P I R I T

## Sermon Discussion Questions

Self-Control // 1 Corinthians 9:19-27

- How are you intentionally training yourself for godliness?
- Is there a group of people (or even just one) that seem outrageous, offensive, or stupid to you?
  - How do you exercise self-control for their good?
- Do you really believe that the prize will be worth it?
- In what areas of your life is God calling you to commit to practicing greater discipline and self-control for the benefit of others?
  - What steps do you need to take to begin and maintain growth?
- Pastor Jeff shared the following definition of Self-Control:  
The process of disciplining oneself for the sake of others because of the prize.
  - How would you have defined it? What has changed? Based on this definition from Pastor Jeff, how will you pursue the growth of Self-Control in a new way?
- If you realize that you are going to be in a situation that requires self-control, how have you tried to prepare yourself ahead of time? Or, do you try to avoid the situation? Read 2 Timothy 1:7. How could this change your perspective?
- How should you go about teaching self-control to your children (any age, toddler through high school)? What are the benefits to them to practice self-control?