



## THEME OF THE MONTH

# Self-Control

***Resisting temptation to give into wrong impulses or desires  
(Self-Control vs. Self-Indulgence)***

1. Control or restraint of oneself or one's actions or feelings
2. Control of one's emotions, desires or actions
3. A willful act to manage one's conduct in public & in private
4. The disciplined denial of one's own desires or emotions

### **Why is Self-Control Important?**

*"He will die for lack of self-control; he will be lost because of his great foolishness."*

**Proverbs 5:23 NLT**

*"A person without self-control is like a city with broken-down walls."*

**Proverbs 25:28 NLT**

*"...Exercise self-control and be faithful in everything you do (in public and in private)."*

**1 Timothy 3:11 NLT**

*"...Exercise self-control, to be worthy of respect and to live wisely..."*

**Titus 2:2 NLT**

## How Do We Practice Self-Control?

1. We look beyond immediate satisfaction for what is best long term.
2. We guard our hearts and avoid people & places that increase temptation.
3. We pre-plan how we will deal with temptation so we can practice restraint.
4. We walk away from situations that would ask us to compromise.
5. We listen to wise counsel from those who are trustworthy.



## MAT CHAT TALKING POINTS

1. How would you define self-control? Give a personal example.
2. Who do you know who demonstrates self-control? How has that person's example influenced you?
3. Is it easy to be distracted by temptation? What steps can you take to minimize or avoid opportunities to be distracted by temptation?
4. Think of an example where you failed to practice self-control. Why did you give in to temptation and how did it impact you personally?
5. How does self-control come into play in doing what is required?
6. If you could change one thing that would help you better practice self-control, what would it be?
7. What steps can you take to pre-plan your response to temptation so that the desire to make wrong choices is easier to overcome?
8. What is your response when friends or family talk to you about your lack of self-control in areas of your life? Do you get angry or act on their advice?

### Talking Points:

Focus, Focus, Focus: Establish boundaries of conduct and behavior. Set goals to help you stay focused on the task at hand to minimize distractions.

Choose the Right Path: It's often "easy" to follow our impulses, but learning to say "no" to instant gratification can be more beneficial to our health and well-being (and others).

Be Disciplined: Self-control is a process, and something that requires time, energy and effort. Self-discipline and self-control are intertwined and one feeds the other's success.

Break Old Habits: Insanity is doing the same thing the same way and expecting a different outcome. If you don't like the consequences of your choices (habits), you have to change those choices (habits) in order to achieve a different outcome.