



SELF CONTROL

FFC WOMEN'S DISCIPLESHIP RESOURCES
TAKE YOU TO GOD'S WORD FOR ANSWERS

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SELF-CONTROL

As disciples of Jesus Christ, we are to be growing into His likeness. Jesus Christ never lost control over Himself in any area of His life. So, we are to be people who, by His grace and power, exercise self-control over themselves in every aspect of life. Because of the indwelling presence of the Holy Spirit, we can be growing to become like Him in every area, including self-control. This study will help you become more like Jesus Christ in the area of self-control.

Directions for the Study

- Carefully review each of the ten topics in which self-control is addressed in the following pages. Circle those areas where you personally struggle. Ask your coach (husband or close friend) if there are other areas in which you need to work as well.
- For the areas that have been identified, carefully read the Scriptures given, write down what they say about self-control in that particular area, and what they say about the result of either having it or not. Read the surrounding verses to see whether you can identify a means to attain self control, or ask your coach for help. Then, write a plan of action for training yourself in improving that area.
- Your plan of action might include saying, “I will memorize this passage and quote it every morning. I will ask God to help me every morning. I will ask my coach to pray for me, exhort me, and check up on me. I will keep a daily record of times when I did obey and times I did not obey.”
- Work together with your coach for suggestions about how to apply your life in each area you have circled. Discuss with her your plan of action and ask her to pray for you and hold you accountable for a period of time on which you both agree.

Applying life to God’s Word

1. SELF CONTROL IN ALL THINGS

1 Corinthians 9:24-27

- What does this passage teach about the importance of self control in all things? _____

- The lack of self-control and its results, dangers, or harms _____

- Self-control and its results or blessings _____

- Method or means by which we attain self-control _____

- What is my plan of action for training in what I learn from this passage? _____

- Here's how I will specifically ask my coach to pray for me and hold me accountable: _____

2. MOUTH CONTROL

1 Timothy 4:7, 2 Timothy 2:16, James 3:3-5, Proverbs 21:23

- What do these passages teach about the importance of controlling what I say? _____

- The lack of self-control and its results, dangers, or harms _____

- Self-control and its results or blessings _____

- Method or means by which we attain self-control _____

- What is my plan of action for training in what I learn from this passage? _____

- Here's how I will specifically ask my coach to pray for me and hold me accountable: _____

3. OPINION ABOUT MYSELF

Peter 1:13, Romans 12:3

- What do these passages teach about how I think about my self? _____

- The lack of self-control and its results, dangers, or harms _____

- Self-control and its results or blessings _____

- Method or means by which we attain self-control _____

- What is my plan of action for training in what I learn from this passage? _____

- Here's how I will specifically ask my coach to pray for me and hold me accountable: _____

4. SELF CONTROL IN HOW I THINK ABOUT INSTRUCTION AND DISCIPLINE

Proverbs 4:20-27; 12:1; 13:1, 3, 18; 15:5, 10, 31-32; 19:20, 27; Hebrews 12:11

- What do these passages teach about advice and discipline? _____

- The lack of self-control and its results, dangers, or harms _____

- Self-control and its results or blessings _____

- Method or means by which we attain self-control _____

- What is my plan of action for training in what I learn from this passage? _____

- Here's how I will specifically ask my coach to pray for me and hold me accountable: _____

5. SELF-CONTROL IN EATING

Proverbs 23:1-3, Proverbs 25:16, Romans 13:14

- What do these verses teach about self-control regarding food? _____

- The lack of self-control and its results, dangers, or harms _____

- Self-control and its results or blessings _____

- Method or means by which we attain self-control _____

- What is my plan of action for training in what I learn from this passage? _____

- Here's how I will specifically ask my coach to pray for me and hold me accountable: _____

6. SELF-CONTROL AND USE OF TIME

Ephesians 5:15-16, Psalm 90:12

- What do these verses teach about self-control regarding the way I spend my time? _____

- The lack of self-control and its results, dangers, or harms _____

- Self-control and its results or blessings _____

FFC WOMEN'S DISCIPLESHIP

- Method or means by which we attain self-control _____

- What is my plan of action for training in what I learn from this passage? _____

- Here's how I will specifically ask my coach to pray for me and hold me accountable: _____

7. CONTROLLING MY ANGER

Proverbs 14:29, Proverbs 16:32, Proverbs 17:27-28, Proverbs 29:20, 22

- What do these verses teach about self-control and anger? _____

- The lack of self-control and its results, dangers, or harms _____

- Self-control and its results or blessings _____

- Method or means by which we attain self-control _____

- What is my plan of action for training in what I learn from this passage? _____

- Here's how I will specifically ask my coach to pray for me and hold me accountable: _____

8. SELF-CONTROL AND LAZINESS

Proverbs 20:13, Proverbs 21:25, Proverbs 24:30-34, 2 Thessalonians 3:10-12

- What do these verses teach about self-control over my desire to relax? _____

- The lack of self-control and its results, dangers, or harms _____

- Self-control and its results or blessings _____

- Method or means by which we attain self-control _____

- What is my plan of action for training in what I learn from this passage? _____

- Here's how I will specifically ask my coach to pray for me and hold me accountable: _____

9. SELF CONTROL IN SUBMISSION TO AUTHORITY

Romans 13:1-5, 1 Peter 2:13-15

- What do these verses teach about self-control and my response to authority? _____

- The lack of self-control and its results, dangers, or harms _____

- Self-control and its results or blessings _____

- Method or means by which we attain self-control _____

- What is my plan of action for training in what I learn from this passage? _____

- Here's how I will specifically ask my coach to pray for me and hold me accountable: _____

10. SELF CONTROL AND SUBMISSION TO MY HUSBAND

Proverbs 19:13, Proverbs 21:9, 19, 1 Peter 3:1-4

- What do these verses teach about self-control over my responses to my husband? _____

- The lack of self-control and its results, dangers, or harms _____

- Self-control and its results or blessings _____

- Method or means by which we attain self-control _____

- What is my plan of action for training in what I learn from this passage? _____

- Here's how I will specifically ask my coach to pray for me and hold me accountable: _____

