SELF CONTROL

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


- 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:
• Here’s how I will specifically ask my coach to pray for me and hold me accountable: ___________  
__________________________________________________________________________________________

5. SELF-CONTROL IN EATING


• 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 _________________________________________________  
__________________________________________________________________________________________
7. CONTROLLING MY ANGER


- 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? _______________________

- 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: ___________