

Journey CHURCH

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Viewer Guide Session 3

DISCUSS

Take a few minutes with your group members to discuss what you just watched and explore these concepts in Scripture. Use the following questions to help guide your discussion.

1. What comes to mind when you think of self-control? Do you view yourself as a disciplined person? Why or why not?
2. Why is self-control such a vital part of our Christian life? Why do we often view it negatively or assume God just does "not want us to have fun"?
3. Paul wrote, "Walk in the Spirit, and you shall not fulfill the lust of the flesh" (Galatians 5:16). How does self-control contribute to our spiritual maturity as we walk with the Lord? Why must we walk in the Spirit first in order to resist the lusts of the flesh?
4. How do the previous qualities and practices mentioned by Peter diligence, virtue, and knowledge-help us practice self-control?
5. On a daily basis, how difficult is it for you to practice self-control? What habits or strategies help you focus on pleasing God and living by His standards?
6. Of the five discipline-building steps mentioned in the teaching, which do you currently practice? Which steps could you practice more consistently?