

Journey CHURCH

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Leader Guide Session 3

WATCH

Play the video for session three. As you watch, use the following notes to record any thoughts, questions, or key points that stand out to you.

NOTES

Peter's life illustrates how God can transform any person into the likeness of Christ. God remains focused on transforming His faithful followers into the likeness of Christ.

God's divine power has given us everything we need for this life-but we can't be passive about the process. As Peter states from his own experience in our key passage, we must diligently add to our faith, virtue, and to virtue, knowledge, and to knowl-edge, self-control.

Practicing personal discipline requires us to recognize three essential truths. The first truth is that we must make self-control a priority. Self-control helps us experience abundant life by compelling us to deny an immediate indulgence in order to accomplish a higher-level goal.

The second truth is that self-control requires us to exercise matu-ri-ty. Our flesh is drawn to sin, but the Holy Spirit that dwells within us draws us to holiness. While the battle may exhaust us at times, we must remember we have already been set free.

The third truth is that self-control deepens and strengthens our personal discipline. This helps us stick to the path God has set for us, knowing we will please Him as we journey to our heavenly destination. Followers of Jesus know true freedom comes from living within God's boundaries.

Developing self-control requires a plan and a strategy. Toward this end, we can take five steps to gain greater levels of self-control:

- Ask for the Holy Spirit's help
- Adjust our thoughts to pleasing God
- Acquire new habits that exercise godliness
- Avoid tight spots where we're likely to be tempted
- Accept the process and turn back to God when we fall

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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?