



LEVEL UP Self Control

The invitation to level up is certainly an exciting one, but it's also easy to become cynical about everything.

We have no shortage of good intentions or great ambitions, but we lack the follow-through. This week's study is all about growing in self-control on our way to step into all that God has made available to us in Jesus Christ.

Day 1 Read Proverbs 25:16-28

What does this proverb have to say about self-control? How is one who lacks self-control like a city whose walls are broken through? Spend some time identifying ways in which you lack self-control.

Day 2 Read 1 Corinthians 6:12-20

“Food for the stomach and the stomach for food” was a popular saying in the city of Corinth that was used to justify sexual immorality. The thought was that if we have the craving to have sex, then we shouldn't deny ourselves. How does Paul refute that way of thinking? What does it mean that our bodies are a Temple to God? How does this challenge you?

Day 3 Read Genesis 25:19-34

Why would Esau be willing to do such a drastic thing? In what ways do you identify with him? What does this teach us about the power of our appetites and danger of letting them call the shots?





Day 4 Read 2 Samuel 13:1-22

This is a disturbing passage, but it is profound. Put verse 15 in your own words. What wisdom can we take from this about the danger of something like lust and the need for self-control?

Day 5 Read 2 Corinthians 10:3-5

What does it mean to take every thought captive? What role does this play in the practice of self-control? What would this look like in practice?

Day 6 Read Galatians 5:13-26

What sort of wisdom is there for us in the text about living with self-control? According to this passage, what is true freedom? What sort of significance is there in understanding self-control as a fruit of the Holy Spirit?

Day 7 Read Ephesians 4:17-5:2

Self-control is about both resistance and redirection. What does this passage have to say about that? Look back at Day 1 and some of the ways you recognized you struggle with self-control. What would it look like for you to resist what is wrong and pursue what is good and healthy in those areas?

