



Jesus
Centred

Week 10 discussion questions

The fruit of self-control



What does self-control mean to you?

Who or what is in charge of your life?

Would you say your life is under control or out of control?

Do you think you have good self-control? Why or why not? What areas of your life are out of control?

If you realise that you are going to be in a situation that requires self-control, do you try to prepare yourself ahead of time? How? Do you try to avoid the situation?

Read Luke 4:1-13

What stood out to you in this passage?

What does this passage tell you about God and people?

How does Jesus demonstrate self-control in this passage?

Remember the fruit of the Spirit is a picture of Jesus who perfectly reflects the character of God. When we look at Jesus, we see that Jesus, as the Son of God demonstrated perfect self-control in his life here on earth.

Read Romans 8:5-7

What is the role of the Holy Spirit in our lives?

What is our responsibility?

Self-control is not about bringing our passions under our own control, but under the control of Jesus Christ, by the power of His Spirit.

We have seen that the fruit of the Spirit is the character of Jesus that God grows in us. Together the fruit of the Spirit paint a beautiful picture or portrait of Christ. Jesus perfectly reflects the character of God, and God wants you to reflect the character of Jesus.

The fruit of the Spirit begins with love and ends with self-control. Love comes first because it is the first fruit which contains all the others. Self-control is important, but it means nothing without love – love for God, love for Jesus, love for other people.