



“The Good Life | How to Have Self-Control”

September 25

Discussion Questions

1. 1. What do you think about self-control? Are there areas in your life where you struggle with self-control?
2. According to the sermon, what's the difference between freedom of choice and freedom? Why do our attempts at self-control not give us freedom?
3. Why does the sermon say that self-control is really just self-love? Why does the sermon say that our problem is that we can't love ourselves enough? Do you agree?
4. The sermon defines a “passion” as a desire that dominates and controls us, and mentions eight passions defined by early Christians: gluttony, lust, greed, despair, wrath, sloth, vanity, pride. How do these show up in your life? Are there any you particularly struggle with?
5. If you're willing, share with your group a part of life where you lack self-control—some a pattern of behaviour or thought. How could your group/friends support you in God setting you free from this passion?

2 Peter 1:3-11

Confirming One's Calling and Election

3 His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness. 4 Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires.

5 For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; 6 and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; 7 and to godliness, mutual affection; and to mutual affection, love. 8 For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. 9 But whoever does not have them is nearsighted and blind, forgetting that they have been cleansed from their past sins.

10 Therefore, my brothers and sisters,[a] make every effort to confirm your calling and election. For if you do these things, you will never stumble, 11 and you will receive a rich welcome into the eternal kingdom of our Lord and Savior Jesus Christ.