

GROUP Guide: "Self-Control" – The Sweet Life

Key Text: Galatians 5:22–23

Big Idea: Self-control is not about controlling ourselves; it is about surrendering ourselves to the Holy Spirit.

Opening Question

When you hear self-control, what comes to mind? Why?

Read Galatians 5:22–23; Galatians 5:13

Discuss

What does it mean that self-control is a fruit of the Spirit rather than just human willpower?

1. Surrender Our Desires to God

Read Romans 6:12–14

Discuss

What desire has become stronger than my desire to follow Christ?

- How can good desires become controlling desires?
- What does it look like to surrender them to God?

2. Choose What Is Eternal Over What Is Immediate

Read Hebrews 12:1–2; 1 Corinthians 9:24–27

Discuss

Am I living for today's comfort or tomorrow's reward?

- What immediate comforts distract you from following Jesus?
- How does keeping your eyes on Jesus help with self-control?

3. Depend on the Holy Spirit

Read Galatians 5:16

Discuss

Am I trying harder, or surrendering more fully to the Holy Spirit?

- What helps you walk by the Spirit?
- How can prayer, Scripture, confession, or accountability help?

Application

This week, choose one area where you need Spirit-produced self-control.

Ask:

1. What desire do I need to surrender?
2. What immediate comfort do I need to lay aside?
3. How will I depend on the Holy Spirit this week?

Closing Prayer

"Holy Spirit, help us surrender our desires, choose what is eternal, and depend on You to produce self-control in us."