

Discipleship Groups — Level 7

WEEK 2

Life Check: My Self-Control

Study Questions

1. Anger (or other out-of-control responses) is not a primary issue or a root, but rather a "fruit" resulting from a deficiency we live with in our hearts. When you lose your self-control, what specific "fruits" manifest in your life (e.g., explosiveness, harsh words, withdrawal, or addictions)? What deeper root issues—such as pain, failure, inadequacy, or a lack of personal worth—might these outbursts be exposing?
2. The author shares that we often lash out when our sense of worth or identity is threatened. Think about a recent situation where you reacted with intense frustration or self-righteousness. Was your reaction truly about the issue right in front of you, or did it touch a sensitive area regarding how you want to be heard, respected, or honored?
3. When we fail to live up to our expectations, it is easy to spin into a cycle of self-hatred, believing lies, and asking, "How could God continue to love or use someone like me?" In what areas of your life are you currently letting a sense of failure fuel this negative cycle? How can you shift your mindset to realize that your identity does not rest on your performance and help break that cycle?
4. While human willpower can force temporary behavior changes, it cannot make us a new creation or produce the true righteousness of God. Are you currently trying to "will" yourself into being a better person through a list of "nots," or are you actively relying on the Holy Spirit to work a supernatural change inside your innermost being? What practical steps can you take to surrender your limitations and ask for the peace and mind of Christ?
5. We are reminded: "It is OK to be imperfect. It is OK to struggle with your growth process... our imperfection has no bearing on our identity as people of God." Do you allow yourself room to grow "little by little," or do you demand immediate perfection from yourself and those around you? How can remembering that God "remembers us in our weakness" change the way you view your messy seasons of life?