



SERMON DISCUSSION GUIDE

"Battling Temptation, Practicing Self-Control"

Proverbs 25:28; 1 Peter 1:13-16

SERMON NOTES

Record your insights & observations from this week's sermon.

GOOD BOOKS FOR FURTHER READING:

Respectable Sins by Jerry Bridges

The Hole in our Holiness by Kevin DeYoung

GROUP DISCUSSION QUESTIONS

- 1) Read *1 Peter 2:11; Romans 7:21-23; Galatians 5:16-17*. How do these passages describe the war we fight every day? What does this war look like for you?
- 2) Read *Proverbs 25:28*. What happens when we don't control or restrain our feelings and desires?
- 3) Read *Ecclesiastes 2:1-11*. What happened after Solomon refused his heart no pleasure?
- 4) There are many areas in our lives that we need to manage (tempers, tongues, finances, hobbies, eyes, stomachs, work, thoughts). Take some time to reflect on the areas in your life you are struggling with and ask the Lord to help you practice self-control.
- 5) Read *1 Peter 1:13-16*. One way we fight temptation is by preparing our minds for action. Why is it important to guard our minds?
- 6) Read *1 Peter 1:13; 4:7; 5:8; Titus 2:11-13*. What does it mean to be self-controlled? How does the grace of God help us practice self-control?
- 7) Take some time to reflect on the sermon series. What have you learned about these subtle sins that affect our lives (selfishness, discontentment, worry, impatience, the sins of the tongue, jealousy, anger, worldliness, lack of self-control)?

FOR YOUR FAMILY

- 1) Memorize *1 Peter 1:13*: Therefore, prepare your minds for action; be self-controlled; set your hope on the grace to be given you when Jesus Christ is revealed.
- 2) Read *Proverbs 25:28*. Discuss with your family what it means when you don't manage your desires and appetites.
- 3) Read *1 Peter 1:13-16*. Discuss what it means to be holy and what that practically looks like as a follower of Jesus.