



# Journal

## Chapter 24: SELF-CONTROL

### Personal Study

Last week you examined the virtue of peace. Maybe you were challenged to live at peace in a particular area of struggle — with God, others, or yourself. This week before your group meeting, read *Believe, Chapter 24: Self-Control*. Then allow the Scripture to enter your mind as you evaluate your ability to be self-controlled.

### Read

*Read Believe, Chapter 24: Self-Control and answer the following questions.*

1. Describe the common patterns found in these verses.

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2. As you read this chapter, what questions came to your attention?

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3. What did you read that stunned you?

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Challenged you? \_\_\_\_\_

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Motivated you? \_\_\_\_\_

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4. Which has a greater influence on your daily decisions: impulses and urges or the Spirit of God?

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5. Samson and Joseph had similar stories that required self-control. What can you learn from their differing responses to temptation?

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6. What enticing situations or conversations do you need to flee from or resist? If you cannot resist in your own strength, how can you tap into the power of God for help?

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## **Evaluate**

*Based on your reading from Believe, Chapter 24: Self-Control, evaluate your level of confidence in the statements below, using a 1–6 scale (1 = no confidence, 6 = complete certainty).*

\_\_\_\_\_ I am not addicted to any substances — whether food, caffeine, tobacco, alcohol, or chemical.

\_\_\_\_\_ I do not burst out in anger toward others.

\_\_\_\_\_ I do not have sexual relationships that are contrary to biblical teaching.

\_\_\_\_\_ I control my tongue.

## Take Action

*Memorizing Scripture is a valuable discipline for all believers to exercise. Spend a few minutes each day committing this week's Key Verse to memory.*

**Key Verses:** “For the grace of God has appeared that offers salvation to all people. It teaches us to say ‘No’ to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, while we wait for the blessed hope — the appearing of the glory of our great God and Savior, Jesus Christ.” (Titus 2:11 – 13)

*Recite this week's Key Idea out loud. As you do, ask yourself, “Does my life reflect this statement?”*

**Key Idea:** I have the power, through Christ, to control myself.

*Answer the following questions to help you apply this week's Key Idea to your own life.*

1. How would this virtue express itself in your life?

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2. What visible attributes can be found in someone who is self-controlled?

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3. What is impeding your ability to display self-control?

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How can you overcome this obstacle?

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