

Gathering

SELF-CONTROL

One thing we can be sure of is that every October through December lots of goodies will be everywhere. Candies, cakes, cookies, and other holiday treats will soon be everywhere we turn, tempting us to make our day a little sweeter! Most of us try to be “good” during this season, going into these months with a solid resolve to limit our sweets intake. Some of us just anticipate putting on a few extra pounds and then working it off with a new diet and exercise plan in January. With sweets everywhere, we can be reminded about this battle of self-control that rages within us. We know that eating all these sweets might seem good (*and delicious!*) in the moment, but we also understand that eating too many sweets is probably not the best choice we could make.

Every day we face a battle to maintain self-control, the battle to set aside what we want and to choose what is best for ourselves and others. Even though we have the ability to choose anything we desire, if we want what is best we must ask ourselves some tough questions about the choices we make. Is this choice necessary? Is it helpful to myself or others? Is it sinful? Is it something that might seem good, but not God's best? There are lots of questions that can guide our decisions.

One final reminder, God has a role to play in giving us self-control. If people are under the power of anything, they are a slave to that thing. Christ has taught us to live in the righteous freedom that he died to give to us. In an online article for desiringgod.org, David Mathis wrote, “*True self-control is not about bringing ourselves under our own control, but under the power of Christ.*”¹ Let's think about what this really means for everyday living as we read the Scripture below:

“I have the right to do anything,’ you say—but not everything is beneficial. ‘I have the right to do anything’—but I will not be mastered by anything.” 1 Corinthians 6:12

After sharing the Scripture, use at least three of the questions on the following page with your group.

Complete your monthly report and turn it in to the Corps Officer.

¹ <https://www.desiringgod.org/articles/self-control-and-the-power-of-christ>

1 Corinthians 6:12

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In what areas of life (*physical health, relationships, spending, Spiritual disciplines, etc.*) do you feel like you **struggle** to maintain **self-control**?

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What has been a help to you as you have struggled to find **self-control** in a particularly challenging area of your life?

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“*True self-control is not about bringing ourselves under our own control, but under the power of Christ.*” How does this quote from David Mathis help us to understand God’s role in giving us **self-control**?

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How can we find **support** from others to keep us accountable with our area of **struggle**?

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