

Lesson 4: The Truth About Self-Control

Goals

1. To help students realize that they sometimes live out of control
2. To emphasize the importance of Self-Control from Scripture
3. To give students practical help in living in control

Scripture Memorization: Proverbs 25:28

OPENING PRAYER

GETTING STARTED

Some things are fun when they're out of control. Other things are not good out of balance. It is simply wrong to let yourself get spiritually out of control.

- What was the craziest fun time you've ever had?
- What made it fun?

DIGGING IN

The Bible is clear that we need to exercise self-control. Check out the memory verse for the week, Proverbs 25:28. It says, "Like a city whose walls are broken down is a man who lacks self-control."

Discussion Questions:

1. What do you think Proverbs 25:28 means?
2. Why do you think it's so important that we have self-control?

Our society is filled with indulgent people. It is very difficult, especially in America, to find someone who keeps themselves in check. Moderation is not valuable. Instead, we live in excess.

Indulgence: When is Enough, Enough?

- We don't think having a home is enough, we want a big house.
- We don't think an iPod shuffle is sufficient, we want a high-gig iPod touch.
- We aren't content with a car, we want a brand new car.
- We don't settle for our old gaming console, we want the newest gaming console.

Get the idea? We live in excess. We don't exercise self-control. Instead, we indulge in whatever we want, whenever we want it. We do this in everything: our habits, lusts, entertainment, and relationships. We want the most friends on Facebook, the fastest Internet connection, and the quickest fix. We don't e-mail much anymore; we prefer instant messaging. We don't cook in an oven; we cook in a microwave. We don't fix what is broken; we buy a brand new one. We find shortcuts; we look for the easiest way.

The weird thing is, the Bible said this would happen. It predicted that, in time, we would not be able to control ourselves.

Read 2 Timothy 3:1-5 Discussion Questions: 1. Do you think this sounds like today? 2. Why do you think living like this could be dangerous? 3. What is it inside us that makes us impatient? 4. Why can't we trust God to provide what we need? Why is our want list so large? To sum up, let's **read 2 Peter 1:5-6.**

MAKING IT REAL We want to be sure that you know you can live in control. There are some practical ways to be sure you're not living out of balance. **CLOSING PRAYER** Pray that you can be content. Think of all the people who have less than you do. Pray that you will never believe that to have more means to be more. Pray that you can trust God. Ask God to help you be grateful for what you have.