

Youth Group Devos

-Self-Control-

Overview of Week: One of the virtues that God desires to see us increasingly grow in is the virtue of self-control. Disciples are to live out lives of self-control in all areas of life including eating, anger, drinking, sex, finances, sleep, and work. This week we will dive into God's word and learn more about this topic and we will see that true disciples live lives characterized by self-control.

Day 1: Read Galatians 5:16-26.

1. What is the correlation between a lack of self-control and the many acts of the flesh?
2. What is the end result of those who lack self-control and live out the desires of the flesh? (vs 21)
3. What is a defining characteristic of all those who belong to Christ? (vs 24) How does one go about "crucifying the flesh"? Is the Spirit responsible to do so? Are you responsible? Are both you and the Spirit involved?

Day 2: Read 2 Samuel 11: 1-5.

1. In what way did David lack self-control in this story?
2. How could self-control have changed the outcome of this story?
3. In this passage David struggled to control his sexual desires; what are some of the biggest areas of life that you struggle to have self-control in?

Day 3: Read 1 Corinthians 9:24-27.

1. In what ways is showing self-control/self-discipline in our faith much like showing self-control/self-discipline in a sport? (vs 25) How is it different?
2. What is the prize that all Christians are "running" for? Why does this take self-control/self-discipline?
3. What is Paul's motivation for self-control? (vs 27)

Day 4: Read Titus 2:11-14

1. What teaches us “to say no to ungodliness and worldly passions”? (vs 12)
2. Why does God’s grace seem like an unlikely teacher of self-control? Why do you think grace is the ultimate teacher?
3. What are we supposed to be doing while we wait for Christ to appear? (vs 12)
4. Why is living a life of self-control and holiness important to God?

Day 5: Matthew 4:1-11.

1. Jesus gave the ultimate display of self-control while He was tempted by Satan. What did Jesus use as His weapon against the tempter? (vs 4, 7, 10)
2. According to this passage, can you be tempted without sinning?
3. When does temptation become sinful?
4. Jesus knew that the ultimate pleasure found in God is greater than the food, fame, power, and splendor that Satan was offering. This enabled him to be self-controlled. In light of this truth, what lessons can you learn from Jesus when you are tempted in order to remain self-controlled and self-disciplined?