

THE SELF-CONTROL BIBLE STUDY

1. Consider what happens when we don't have self-control.
 - a. According to Proverbs 13:3 what happens to the person who does not control his speech? _____.
 - b. According to Proverbs 20:1 what is a person who does not have self-control over his drinking of alcohol? _____.
 - c. According to Proverbs 21:17 what happens to a person who does not control his desires for pleasure? _____.
 - d. According to Proverbs 25:28 what is a person without self-control like? _____.
 - e. According to 1 Corinthians 6:9-10 what are some areas of lacking in self-control that will mean a person cannot make it into heaven? _____.
 - f. According to 1 Peter 2:11 in what areas do we need to exercise self-control? _____.
What do these things do to us? _____.

2. The Scripture gives us some specific areas of life in which we are to have self-control.
 - a. According to Psalm 101:5 what are some things we need to control so that the Lord is not against us? _____.
 - b. According to Proverbs 23:1-2 what is an important area of self-control? _____.
 - c. According to Proverbs 23:20 what are two things we need to have control over in our lives? _____.
 - d. According to Matthew 5:29 what must we control? _____.
 - e. According to Luke 12:22 what is an important area of self-control? _____.
 - f. According to Luke 21:34 what are three things we need to not let get control of our lives? _____.
 - g. According to Romans 13:13 what are 5 things we need to control in our lives? _____.
 - h. According to 2 Timothy 3:2-5 what are several things that must be controlled? _____.
 - i. According to James 1:26 what must be under control if we are going to practice religion in a proper way? _____.

3. The right motivation for self-control is very important.
 - a. According to Philippians 3:8 what is the right motivation for having self-control in our lives? _____.
 - b. According to 1 Peter 4:2 what should we be living for rather than being controlled by evil human desires? _____.

4. It is important to understand the way that we are to attain self-control.
 - a. According to Matthew 16:24 what are two things we need to do if we are going to control ourselves and follow Jesus? _____
_____.
 - b. According to Luke 14:33 what do we need to give up of the old life in order to be able to have Jesus control our lives? _____.
 - c. According to Romans 6:6-7 what must be crucified and die so that we can be free from the power of sin in our lives? _____.
 - d. According to Romans 13:14 what are two things that need to be done to attain self-control? _____.
 - e. According to Galatians 5:16 how must we live so that we do not give in to the desires of the sinful nature? _____.
What does this mean? _____
_____.
 - f. According to Galatians 5:24 what have people done who belong to Christ? _____.
 - g. According to Ephesians 4:22-24 what are three steps we need to take in order to have self-controlled lives? _____
_____.
 - h. According to 1 Thessalonians 5:8 what are three things we need to put on in order to have self-control? _____.
 - i. According to Titus 2:1-5 what are at least 5 things that will help men be self-controlled? _____

What are at least 5 things that will help women be self-controlled? _____
_____.
 - j. According to Titus 2:11-12 what are three things the grace of God teaches us? _____.
 - k. According to 1 Peter 1:13-16 what are 5 things we are to do in order to live self-controlled lives? _____
_____.

5. Finally, we need to see the benefits of self-control.
 - a. According to Proverbs 16:32 what is better? _____

Why do you think this is true? _____.
 - b. According to 1 Peter 3:10 what will be the benefit of controlling our tongues? _____.
 - c. According to 1 Peter 4:7 what will we be able to do better when we are self-controlled? _____.
 - d. According to 1 Peter 5:8 why is it so important for us to be self-controlled? _____.
 - e. According to 2 Peter 1:8 what will self-control keep us from being? _____
_____.

