

## Peace

- To what degree are your heart and mind at rest in God?
- How consistently are you troubled or anxious?
- Would people who know you describe you as being contented or discontented?

## Patience

- How do you respond when you don't get your way or you're frustrated?
- Are you able to wait gracefully?
- Would people describe you as a "peaceful, patient waiter?"
- How do you handle it when people aren't moving as quickly as you would like?

## Kindness

- How inclined are you to lend someone a helping hand even though you're busy or you know you won't get credit?
- How are you doing at encouraging and affirming people?
- Do you consistently take the time to actually notice people and listen to them?

## Goodness

- Thank God for the aspects of His character you have seen revealed in this study and ask Him to make you good like He is good.
- Is your heart to do good growing or shrinking? Watch who God places in your life today and actively pursue good for them.

## Faithfulness

- Would people around you say that you are dependable?
- When you say you are going to do something, it gets done.
- Do you ever use words to deceive or to put a spin on things?
- Do you ever wrestle with procrastination?

## Gentleness

- How successfully do you speak the truth with grace?
- Do you ever get angry and inflict pain on someone just because it will feel good?
- Over the last week, how often have you come along side somebody who was hurting to give them comfort?

## Self-control

- Do you have any bad habits?
- Do you ever give into an impulse?
- How's your mouth doing these days?

# CULTIVATING THE FRUIT OF THE SPIRIT

# STUDY GUIDE

---

Tailor the following questions to fit the needs of your individual or Small Group study. Start with the BREAKING THE ICE question and then get real with several CONNECTING questions. TAKE IT HOME is for further personal study or small group discussion.

## Part 9 - The Fruit of Self Control

### ICE BREAKER:

When it comes to food - where do you lack self-control? (I.e., chocolate, late night snacking, etc.)

### CONNECTING:

1. Read the following verses, share and write down everything you learn about God's self control.

Psalms 78:38

Malachi 3:6

Matthew 26:49-54

Matthew 27:39-43

Luke 22:42

John 6:38

2 Peter 3:9

Write a sentence or two describing what you have learned about God's self control.

2. As a pattern for our self control, what especially impresses you about God's self control?

3. Read the following stories, share and write what you learn about self control from these examples.

Joseph - Genesis 43:30,31

Haman - Esther 5:9-14

David - 1 Samuel 24:3-7

TAKE IT HOME or for further small group discussion: (As an individual or as a Small Group consider the following)

1. From the following verses describe what the Bible says about our self control.

Proverbs 16:32

Proverbs 25:28

Proverbs 29:11

Matthew 23:25

1 Corinthians 9:24-27

Galatians 5:16,17

Ephesians 5:15-17

2 Timothy 3:1-5

2 Peter 1:4-8

2. What actions do you need to take in the following areas to demonstrate self control?

Thoughts

Words

Emotions

Money

Possessions

Addictions

Other

3. What in this lesson has especially encouraged you? Challenged you?

Thank God for the aspects of His character you have seen revealed in this lesson.

Ask God to make you self controlled like He is self controlled.

The following questions are for you to ask throughout this teaching series to assess the fruit of the Spirit in your life. This week ask yourself the questions regarding **THIS WEEK'S FRUIT**.

## Fruit of the Spirit assessment

Love

- How tender is your heart towards God and other people?
- Do you find yourself habitually engaging in acts of servanthood?
- Do you ever have a critical, judgmental spirit in your heart?

Joy

- What is your current "irritability factor?"
- Are you more inclined to speak words of complaint or gratitude?
- How often did you laugh this week?
- How often did you laugh this week?
- Are you able to choose Joy in times of frustration or difficulty?
- Do you find yourself, even now, rationalizing your lack of Joy?